

Sweet Potato and Cheese Muffins

OSHC

Food Foundations



Serves: 20

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients

- Olive oil spray
- 2 cups self-raising flour
- 1 cup wholemeal self-raising flour
- 1 cup sweet potato, peeled and grated
- ¼ cup parmesan cheese
- ¾ cup red capsicum, finely diced
- 4 spring onions, finely chopped
- 1 ½ cups milk
- 4 eggs

Method

1. Preheat oven to 200°C. (180°C fan forced).
2. Lightly spray muffin tray with olive oil spray.
3. Sift flour into medium sized bowl, returning husks remaining in the sieve to the bowl.
4. Stir through sweet potato, cheese, capsicum, spring onion and pepper.
5. In a bowl, whisk milk and eggs together.
6. Add to dry ingredients and stir through until just combined.
7. Spoon into prepared muffin tray.
8. Bake for 25 minutes until muffins are firm and cooked through.
9. Allow to cool in tin before turning on to wire rack.

Recipe Notes:

Savoury muffins are a great way to incorporate vegetables into baking. Try swapping sweet potato for grated pumpkin or zucchini for a different flavour

Food Group	Serves provided per portion
Vegetables	0.2
Fruit	0
Grain foods	0.6
Lean meat and alternatives	0.1
Milk, yoghurt and cheese	0.1

Source: <https://www.tryfor5.org.au/recipes/sweet-potato-cheese-muffins>

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