



Ham and Celery Muffins

(Alison Holst's marvelous muffins)

Ingredients

- 1 ¼ cups self-raising flour
- 1 cup (100 g) tasty cheese, grated
- ½ cup (75 g) ham, cubed (or shaved)
- 1 Tbsp grainy mustard
- ½ cup celery, finely chopped
- 2 spring onions, chopped
- 2 Tbsp parsley, chopped
- 1 egg
- ¾ cup milk

Directions

1. Measure the flour into a large bowl. Prepare the next 5 ingredients, adding each to the bowl with the flour as it is prepared. Buy the ham pieces from a supermarket deli, and chop the pieces into 5mm cubes, and the celery into pieces smaller than the ham. Slice the white and green parts of the spring onion finely.
2. In another bowl beat together the egg, milk and mustard.
3. Tip the egg mixture into the large bowl, then fold everything together, taking care not to overmix.
4. Spoon the mixture into 18-24 mini-muffin pans or 12 medium sized muffin pans which have been coated with non-stick spray/oil.
5. Bake at 200° C for 10 minutes or until the centres spring back when pressed.

Tips

1. **You can add any other vegetables you have in the fridge to these muffins – mushrooms, corn, capsicum, asparagus, peas, etc (depending what is in season).**
2. **Top muffins with a little extra cheese and paprika for extra flavour.**
3. **Top muffins with sesame seeds or pumpkin seeds for extra nutrition and texture.**
4. **Mini muffins are good for finger food, medium muffins are good for lunches.**

Enjoy!

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