

LOW-GI tasty muffins

These are perfect for a lunchbox or as a grab-and-go breakfast

Herb Cheese Muffins

MAKES 12 **PREP 15 MINUTES** **COOK 22-25 MINUTES**

➤ **DIY idea** *These muffins are yummy served warm. Heat in the microwave for a few seconds.* ➤ **Top tip** *Use 2 x 12-hole mini muffin trays and bake for 10-12 minutes. Add to kids' lunchbox or serve as an after-school snack.*

- 1¼ cups reduced-fat milk
- ¼ cup no-added-salt tomato paste
- 2 eggs, plus 1 egg white extra
- 50g 97% fat-free shaved ham, finely chopped
- ½ cup finely grated reduced-fat tasty cheese
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons chopped chives
- ⅓ cup oat bran
- 1½ cups wholemeal self-raising flour
- ½ cup white self-raising flour

1 Preheat oven to 180°C/160°C fan forced. Grease a 12-hole (⅓-cup)

muffin tray. Whisk milk, tomato paste, eggs and egg white in a large bowl until well combined. Add ham, cheese, parsley, chives and oat bran; stir until combined.

2 Sift flours directly over egg mixture in bowl. Add husks. Using a metal spoon, gently fold mixture until just combined. Don't overmix. Spoon into prepared tray. Bake for 22-25 minutes or until a skewer inserted at centre comes out clean. Stand in tray for 5 minutes. Transfer to a wire rack to cool slightly. Serve warm.

Nutrition/muffin 621kJ; 3.5g fat (1.5g sat); 8g protein; 20g carbohydrate; 3g fibre ➤

Kids love 'em



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TIPS & TRICKS

- **Soluble fibre** Use wholemeal flour with the addition of oat bran, a soluble fibre, to lower the GI of the muffins.
- **Protein** Include protein food, such as ham, reduced-fat cheese or egg, with muffins or scones to make them more nutritious and to lower the GI.
- **Sweet muffins** Swap half the flour in sweet muffin recipes for wholemeal; add a soluble fibre food, such as oat bran or rice bran, to make them healthier and reduce their GI.