**Spinach and carrot muffins**

**Ingredients (Makes 9)**

* 200ml semi-skimmed milk
* 25g sunflower margarine, plus extra for greasing
* 100g fresh spinach
* 250g plain flour
* 1 tablespoon baking powder
* 1 teaspoon bicarbonate of soda
* 2 medium carrots, coarsely grated
* pinch of crushed dried chillies
* pinch of black pepper
* 50g Parmesan, finely grated
* 75g savoury seeds mix
* 1 egg, lightly beaten

## **Method**

1. Preheat the oven to Gas Mark 5, 190°C, fan170°C. Grease and line 9 holes of a deep muffin tin with squares of non-stick baking paper or use muffin cases to line them.
2. Place the milk and margarine, in a large pan over a high heat. When the margarine has melted, stir in the spinach and bring just to the boil. Remove from heat and pour into a liquidizer or food processor. Whizz until the spinach is finely chopped. Allow to cool for 10 minutes.
3. Sift the flour, baking powder and bicarbonate of soda into a large bowl. Add the grated carrot, chillies, and season with salt & pepper. Stir in most of the Parmesan and seeds, reserving a tablespoon of each. Add the egg to the spinach mixture and mix well. Add to the bowl then beat with a wooden spoon until just mixed. Divide between 9 muffin cases, and sprinkle with the reserved Parmesan and seeds.
4. Bake for around 25 minutes, or until risen and firm to the touch. Leave to cool for 5 minutes, then turn out onto a wire rack. Serve hot or cold.

**Each muffin contains around 220 kcals, 26g carbohydrate, 9g protein and 3g fibre**