

**The Pampered Chef®**  
**Create-A-Mini Savoury Muffin**  
**Recipe**

200 g plain flour  
2 ½ teaspoons baking powder  
1/8 teaspoon salt  
150 ml semi-skimmed milk  
2 eggs  
75 ml sunflower oil

1. Preheat oven to 190°C/fan 170°C/Gas 5. Prepare one of Flavourings; set aside. Sift flour and baking powder into **Stainless 4-Litre Mixing Bowl**. Add salt and Flavouring; mix well.
2. Place milk, eggs and sunflower oil in **Classic Batter Bowl**; whisk together using **Stainless Whisk**. Gently but quickly stir wet ingredients into flour using as few strokes as possible; do not over-mix (mixture will have a lumpy, wet appearance — this is correct).
3. Using Small Scoop, place generous scoops of mixture into wells of **Deluxe Mini-Muffin Pan**, dividing evenly. Bake 14–16 minutes or until risen and golden. Remove pan from oven to **Stackable Cooling Rack**. Cool muffins in pan 2 minutes; remove from pan and leave to cool an additional 3 minutes. Serve warm.

Per serving: **Pancetta & Spring Onion** Combine 140 g lightly fried pancetta, 8 finely chopped spring onions, 50 g grated extra mature Cheddar and 50 g grated Parmigiano Reggiano.

(1 muffin): Energy 427kJ/103kcal; Protein 5g; Carbohydrate 7g; Sugars 0.5g; Fat 6.2g; Saturated Fat 1.8g; Fibre 0.3g; Salt 0.5g

**Goat's Cheese & Black Olive** Combine 100 g finely diced firm (rind on) goat's cheese, 40 g grated Parmigiano Reggiano and 85 g (drained weight) sliced black olives.

(1 muffin): Energy 369kJ/88kcal; Protein 3g; Carbohydrate 6.8g; Sugars 0.5g; Fat 5.7g; Saturated Fat 1.7g; Fibre 0.4g; Salt 0.4g

**Sun-Dried Tomato & Pine Nut** Combine 100 g (drained weight) chopped sun-dried tomatoes in oil, 50 g toasted pine nuts, 2 tablespoons snipped fresh basil, 1 1/2 teaspoons dried rosemary and 80 g grated extra mature Cheddar.

(1 muffin): Energy 483kJ/116kcal; Protein 2.9g; Carbohydrate 7.3g; Sugars 0.6g; Fat 8.6g; Saturated Fat 1.6g; Fibre 0.3g; Salt 0.3g

Cook's Tip: To garnish the Goat's Cheese Muffins, cut 12 pitted black olives in half and brush with olive oil; after 5 minutes of baking, place an olive half on top of each muffin. Finish baking as recipe directs.

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To garnish the Sun-Dried Tomato Muffins, cut 12 cherry tomatoes in half; after 5 minutes of baking, place a tomato half on top of each muffin and press lightly. Finish baking as recipe directs.

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