

# SWEET POTATO AND CHEESE MUFFINS

*2 cups self-raising flour*

*¼ cup milk powder*

*¼ cup sweet potato, grated*

*2 tablespoons tasty cheese, grated*

*½ small red capsicum, finely diced*

*3 spring onions, chopped*

*2 eggs*

*1 cup milk*

*Pepper, to taste*



Combine flour, milk powder, sweet potato, cheese, capsicum and onion in a mixing bowl.

Lightly whisk together eggs, milk and pepper and add to the sweet potato mixture.

Spoon mixture into a 12-hole non-stick muffin tin and bake at 180°C for 25 to 30 minutes or until golden and cooked through.

Turn out and allow to cool on a wire rack.

*Source: Better Health Channel*