Breakfast

Cheesy Polenta Mini Muffins with Rosemary

Small savoury bakes with a crumbly polenta texture, flecked with rosemary and topped with a sprinkling of Parmesan. The batter comes together in two bowls and makes a generous batch, ideal for sharing.



Low sugar | Freezer safe

20 min	61	7.6 g	0.4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 250 g wholemeal flour
- [ ] 250 g fine polenta
- [ ] 1 tbsp baking powder
- [ ] 1 tsp paprika
- [ ] 350 ml semi-skimmed milk
- [ ] 75 g vegetable oil based spread, melted
- [ ] 2 eggs, beaten
- [ ] 2 tsp fresh rosemary, chopped
- [ ] 2 tbsp fresh Parmesan cheese, grated

Method

- [ ] **1** Set the oven to 200C/gas 6 and lightly grease some mini muffin tins. The batter yields 48 mini muffins, so you may need to reuse the tins, or you can bake roughly 18 large muffins instead if you prefer.
- [ ] **2** Push the wholemeal flour, fine polenta, baking powder and paprika through a sieve into a bowl.
- [ ] **3** In a separate bowl, stir the semi-skimmed milk, melted vegetable oil based spread and beaten eggs together, then fold this mixture into the dry ingredients.
- [ ] **4** Fold the chopped fresh rosemary through the batter until evenly distributed.
- [ ] **5** Spoon the batter into the greased tins and scatter a little grated fresh Parmesan cheese over each one.
- [ ] **6** Bake for 8 to 10 minutes until golden, then leave to cool before serving.

Nutrition Facts

Per serving

Calories	**61**
Total fat	2.1 g
Saturated fat	0.6 g
Sodium	Not listed
Total carbs	7.6 g
Fiber	0.8 g
Total sugars	0.4 g
Protein	2.5 g

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