



Making healthy savoury muffins with asparagus cheese



Ingredients

- 180 gram Henri Willig Asparagus cheese
- 264 gr Self-rising baking flour
- 3 small eggs
- 240 ml of milk
- 60 ml vegetable oil
- Finely chopped fresh parsley, as needed
- Salt and pepper to season
- Optional: finely chopped ham strips
- Optional: Fresh green asparagus tips

Preparation

An ultimate spring snack, perfect for brunch, lunch or any time!

Preheat the oven to 180 °C top-bottom heat or 165 °C hot air.

Fill a muffin baking tin with baking paper or spray it with baking spray and let it dry for a while.

Mix the wet ingredients together. Beat the eggs with the milk and then stir in the oil.
Then add self-rising baking flour with the whisk until lumps disappear.

Using a spoon, stir in the parsley, cheese and optional ham* and asparagus. Save some as a topping if necessary for the muffin.

Spoon the muffin batter into the muffin moulds and top with the remaining cheese/ham/asparagus.
Bake the asparagus muffins until done in 25-30 minutes. (Check if the muffins are done with a skewer)

Then let cool in the mould for 5 minutes, then scoop out to cool on a wire rack. Serve lukewarm.

*If you want to make the muffins vegetarian, omit the ham.