

# Corn, Spinach And Feta Muffins



## INGREDIENTS:

- ★ 1 1/2 cups (225g) self-raising flour
- ★ 1 cup (160g) wholemeal self-raising flour
- ★ 1/4 cup (40g) cornmeal (polenta)
- ★ 310g can corn kernels, drained
- ★ 100g baby spinach leaves, finely shredded
- ★ 150g feta, crumbled
- ★ 1 1/2 cups (375ml) milk
- ★ 100g butter, melted
- ★ 1 Coles Brand Australian Free Range Egg, lightly whisked
- ★ Cornmeal (polenta), extra, to sprinkle

## Method:

### Step 1

Preheat oven to 200C. Line 12 x 1/3-cup (80ml capacity) muffin pans with paper cases.

### Step 2

Place the combined flour, cornmeal, corn, spinach and feta in a large bowl and combine.

### Step 3

Whisk the milk, butter and egg together in a jug. Pour into the flour mixture and gently stir until just combined (don't over-mix). Spoon evenly among the prepared pans. Sprinkle with extra cornmeal.

### Step 4

Bake for 20 mins or until a skewer inserted in the centres comes out clean. Turn onto a wire rack to cool.