



## Capsicum and Corn Muffins



### Ingredients (Makes 12)

- 1 cup white flour
- 1 tbspn baking powder
- 1 cup fine cornmeal
- 1 egg
- 1 2/3 cup reduced fat milk
- 1 cup reduced fat cheese
- 1/4 cup oil
- 1/2 red capsicum
- 440g can corn kernels
- 1/4 cup parsley or chives

### Method

1. Combine the flour, baking powder and cornmeal in a large bowl. In a separate bowl, combine the milk, oil and eggs. Add to the flour mix with the corn, capsicum and parsley or chives. Mix until smooth.
2. SPOON into a lightly oiled 12 hole muffin pan.
3. BAKE at 190°C for 20 minutes.