

LEEK & RICOTTA MUFFINS

Prep: 20 minutes

Cook: 20 minutes

Makes 12

1 tbsp rapeseed oil
1 leek, thinly sliced
2 cloves garlic, crushed
25g pack chives, chopped
1 tsp mustard
2 medium eggs, beaten
25g unsalted butter, melted
150g ricotta
225g wholemeal self-raising flour
1/2 tsp **LoSalt**
100ml semi-skimmed milk
Sliced tomatoes to serve



Preheat the oven to 200°C, gas mark 6. Grease a 12 hole muffin tin.

Heat the oil in a frying pan and fry the leeks and garlic for 4-5 minutes. Stir in the chives, reserving a few for garnish, and the mustard. Season with black pepper.

Whisk the eggs, butter and ricotta together in a large bowl and stir in the leek mixture. Fold in the flour, **LoSalt** and milk. Spoon into the muffin tin and bake for 20 minutes until golden.

Allow to cool slightly before removing from the tin.

Serve halved and topped with sliced tomatoes and a scattering of chives.



Nutrient	Per 100g	Per Serving	%GDA	Traffic Lights
Energy (kcal)	121	133	7	N/A
Protein (g)	5	5.5	11	N/A
Fat (g)	5.1	5.6	8	Med
Sat Fat (g)	2.2	2.4	12	Med
Carbs (g)	13.3	14.7	6	N/A
Sugar (g)	2.1	2.3	3	Low
Fibre (g)	0.9	1	3	N/A
Salt (g)	0.3	0.4	7	Low