

# Hot-melt sun-dried tomato and mozzarella muffins

Takes 40 minutes, makes 8-10 muffins and uses a muffin tin and mixing bowls

## INGREDIENTS

125g wholemeal spelt flour  
125g white spelt flour  
2 teaspoons baking powder  
0.25 teaspoons salt  
A few grinds of pepper  
2 tablespoons dried oregano  
80g (drained weight) sun-dried tomatoes, from a jar in oil, chopped.  
180ml semi skimmed milk  
70g yoghurt  
2 large eggs  
40ml oil from the sun-dried jar  
40ml extra virgin olive oil  
125g ball mozzarella, cut into 5-10mm chunks  
2-3 sun-dried tomatoes, cut into strips  
Extra oregano to sprinkle

## DIRECTIONS

Pre heat the oven to gas mark 4, 350°F, 177°C, 157°C fan. Grease or line a 12 hole (or 2 x 6 hole) muffin tin.

Get a large mixing bowl and a small mixing bowl.

Sieve the flours, baking powder, salt and pepper into the large bowl, then add the oregano and give it all a good mix.

In the smaller bowl, add the sun-dried tomatoes, milk, yoghurt, eggs and oils, then whisk them all together until combined.

Add the mozzarella to the large bowl and toss together. Then add the contents of the small bowl and mix with a flexible spatula until all combined.

Pour the mixture into your prepared tins, filling the holes 90% of the way up the side, scatter a little more oregano on top and lay a strip of sun-dried tomato across the top, then bake in the oven for 18-20 minutes, until well risen and a skewer comes out cleanly.

