

Broccoli and Cheddar Power Puffs



Broccoli Cheddar Power Puffs

Per 85g Serving

ENERGY
695kJ/166kcal

8%

MED

FAT
7.3g

10%

MED

SATURATES
3.2g

16%

LOW

SUGARS
1.8g

2%

MED

SALT
0.6g

9%

% of an adults reference intake

Typical values per 100g: Energy 828kJ / 198kcal

Broccoli Cheddar Puffs Equipment (12 Muffins)



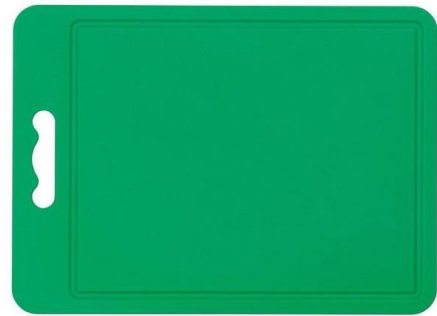
Large Bowl



Measuring Jug



Fork



Chopping Board



Sharp Knife



Weighing Scales



Saucepan and Lid



Sieve

Broccoli Cheddar Puffs Equipment (12 Muffins)



Grater



Colander



Small Bowl



Muffin Tray



Muffin Cases

Broccoli Cheddar Puffs (12 muffins)



230g Plain Flour



140g Cheddar Cheese



300g Broccoli



12 Cherry Tomatoes



170ml Semi Skimmed Milk



1 Large Egg



2 tbsp Olive Oil



3 tsp Baking Powder

Broccoli Cheddar Muffins Recipe

①



Get all of your ingredients and pre-heat the oven to 180°C

②



Put a pan of water on to boil

③



Chop the broccoli

④



Add the broccoli to the pan. Boil until soft

⑤



Sift the flour and baking powder into a large bowl

⑥



Grate the cheese into a small bowl

Broccoli Cheddar Muffins Recipe

⑦



Drain the broccoli using the colander

⑧



Mash using the back of a fork

⑨



Add to the bowl of flour

⑩



Add the cheese to the bowl

⑪



Mix together

⑫



Chop the tomatoes

Broccoli Cheddar Muffins Recipe

13



Mix into the bowl

14



Crack an egg into a bowl

15



Beat the egg

16



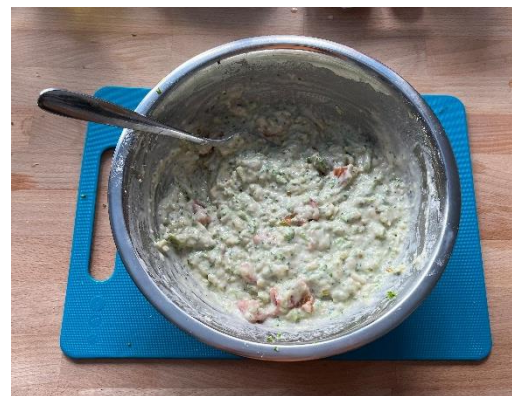
Pour the egg into the bowl

17



Pour the milk into the bowl

18



Mix together

Broccoli Cheddar Muffins Recipe

19



Line the muffin tray with cases

20



Spoon the mixture into the cases

21



Bake for 30 minutes

22



Let cool and enjoy!