

Eat Well



SAVOURY BROCCOLI AND CHEESE MUFFINS

This must-try recipe is perfect for breakfast on the run. A soon-to-be family favourite, these muffins can do double duty as lunch, a nice change from sandwiches.

Prep Time **10** min

Cook Time **12** min

Makes **10** Muffins

- 250 mL (1 cup) all purpose flour with added bran or whole wheat flour
- 125 mL (1/2 cup) fine cornmeal
- 75 mL (1/3 cup) wheat germ
- 5 mL (1 tsp) baking powder
- 5 mL (1 tsp) baking soda
- 250 mL (1 cup) 0% fat plain Greek yogurt
- 75 mL (1/3 cup) skim milk
- 1 egg
- 30 mL (2 tbsp) canola oil
- 250 mL (1 cup) chopped broccoli florets
- 175 mL (3/4 cup) shredded light old Cheddar cheese

1. In a large bowl, combine flour, cornmeal, wheat germ, baking powder and baking soda; set aside.

2. In another bowl, whisk together yogurt, milk, egg and oil. Pour over flour mixture and stir to combine. Stir in broccoli and cheese. (Batter will be thick.)

3. Lightly spray or paper-line 10 muffin cups. Scoop batter into each and bake in preheated 200°C (400°F) oven for about 12 minutes or until golden and firm to the touch. Let cool slightly before removing from pan.

NUTRIENTS PER MUFFIN % DV

Calories	168	-
Fat	5 g	8 %
Saturated + Trans	1 g / 0 g	8 % / -
Cholesterol	23 mg	-
Sodium	243 mg	10 %
Carbohydrate	21 g	7 %
Fibre	3 g	10 %
Sugars	2 g	-
Protein	9 g	-
Vitamin A	-	4 %
Vitamin C	-	11 %
Calcium	-	12 %
Iron	-	8 %

TIPS

- Little chefs can help mix the dry ingredients, the wet ingredients and then scoop the batter into the muffin cups.
- Out of fresh broccoli? Use frozen, thawed broccoli in a pinch.
- Try your favourite vegetable and cheese combination instead of broccoli and Cheddar. How about cauliflower and Asiago?
- Make a double batch and keep some of these muffins for later. Cool muffins, and wrap individually in plastic wrap. Store in airtight container in fridge for up to three days or in freezer for up to two weeks. Warm in microwave before serving.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.