

## Ingredients

olive or canola oil spray  
 1 1/2 cups self-raising flour  
 1/2 cup wholemeal self-raising flour  
 1/2 cup sweet potato, peeled and grated  
 2 tbs Parmesan cheese, grated  
 1/2 red capsicum, finely chopped  
 3 spring onions (including green tops), ends trimmed, chopped  
 pepper, to taste  
 1 cup low-fat milk  
 2 eggs



## Method

1. Preheat oven to 200°C (180°C fan forced).
1. Lightly spray muffin tins with oil or line with paper cases.
2. Sift flours into a medium sized bowl, returning husk remaining in the sieve to the bowl.
3. Mix in sweet potato, cheese, capsicum, spring onion and pepper.
4. In a bowl, whisk milk and eggs together.
5. Add to dry ingredients and mix through until just combined.
6. Spoon into prepared muffin pan.
7. Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean.
8. Allow to cool in the tin for a few minutes then turn onto a wire rack.

## Variations

- Replace sweet potato with potato or pumpkin.
- Replace capsicum with 3/4 cup corn kernels.

Nutritional Information	per serving	per 100g
Energy	491 kJ	716 kJ
Protein	5 g	7.4 g
Fat, total	1.9 g	2.8 g
— saturated	0.8 g	1.1 g
Carbohydrate	19 g	27.6 g
— sugars	2.1 g	3 g
Sodium	193.6 mg	282.2 mg
Fibre	1.7 g	2.4 g