

DINNER MUFFINS

Serving 6 muffins

INGREDIENTS:

2,5 dl wheat flour

2,5 dl wholegrain flour (oatmeal, rye or barley)

2,5 tsp baking soda

½ tsp salt

2 dl yogurt natural

½ dl olive oil or rapeseed oil

3 eggs

PREPARATIONS:

1. *Mix all the dry ingredients together. Mix yoghurt, oil and eggs together, then add it in the dry mix.*
2. *Fill the muffin forms up to 1/3 of the form, then put in the vegetables and meat you prefer.*
3. *Then fill in some more dough until there is 1 cm left of the form.*
4. *You can top the muffin with some more vegetables and meat if there is space left.*
5. *Bake them in the middle of the oven, 200 degrees celsius for 20 minutes.*