

## **Avocado & bacon muffins** - For 12 large muffins

3 rashers bacon	1 Tbsp sugar
75g butter	pinch cayenne pepper
1 egg	1 cup grated tasty cheese
1 cup milk	4 spring onions, chopped
2 cups flour	1 avocado
4 tsp baking powder	about 1 Tbsp lemon juice
½ tsp salt	

Chop the bacon finely and cook in a frypan or under the grill until crisp. Keep the bacon drippings.

Melt the butter, add the egg, milk, and bacon drippings, and beat to combine.

Sift the dry ingredients into a bowl large enough to hold all the ingredients. Add the grated cheese, chopped spring onions, and the avocado which has been cut in 1cm cubes & sprinkled with lemon juice to prevent browning. Pour all the liquid ingredients into the dry ingredients with the bacon.

Stir only to dampen the dry ingredients, since overmixing makes the muffins tough and peaked (tops of muffins should be rounded).

Using 2 spoons ½ fill the well-sprayed (preferably deep) muffin tins, & bake in pre-heated oven at 200°C for about 10 minutes, or until the muffins spring back when pressed lightly.