

Lunchbox



CHEWY'S TOMATO AND CHEESE MUFFINS

When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Tomatoes = Flicky's Red Hot Roadster fuel tank

Ingredients

120g wholemeal flour
1 tsp baking powder
½ tsp baking soda
½ tsp dried Oregano
125g plain full fat yoghurt
60ml milk of your choice
1 egg
50g grated cheese of your choice
80g cherry tomatoes
2 tbsp olive oil

Makes 10-12
30-35 mins to
prepare and cook.
100 calories/serving

This has
1.5g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 1.5g
Protein 3.5g
Carbohydrates 10g

Method

Preheat your oven to 180°C and prepare a muffin tray. In one bowl, mix wholemeal flour, baking powder, baking soda, and herbs. In another bowl, whisk together yogurt, milk, egg, and olive oil until smooth.

Combine the wet and dry ingredients, being careful not to overmix, then gently fold in the grated cheese and chopped cherry tomatoes. Spoon the batter into the muffin tray, filling each cup about 3/4 full.

Bake for around 20 minutes until golden and a skewer inserted into the center comes out clean. Let the muffins cool on a wire rack before serving or storing.