

# Savoury broccoli and cheese muffins

This must-try recipe is perfect for breakfast on the run. A soon-to-be favourite, these muffins can do double duty as lunch along with a bowl of soup.



Vegetarian



Kid-friendly



Freezer-friendly



30 mins or less



PREP TIME  
10 min



COOK TIME  
12 min



SERVINGS  
10 muffins

## Ingredients

- 125 mL (½ cup) all purpose flour
- 125 mL (½ cup) whole wheat flour
- 125 mL (½ cup) fine cornmeal
- 75 mL (⅓ cup) ground flax seed or wheat germ
- 5 mL (1 tsp) each baking powder and baking soda
- 2 mL (½ tsp) each garlic powder and paprika
- 1 mL (¼ tsp) cayenne
- 250 mL (1 cup) 0% fat plain Greek yogurt
- 75 mL (⅓ cup) skim milk
- 1 egg
- 30 mL (2 tbsp) canola oil
- 375 mL (1½ cups) chopped broccoli florets
- 175 mL (¾ cup) shredded light old Cheddar cheese

## Directions

1. In a large bowl, whisk together white and whole wheat flours, cornmeal, ground flax, baking powder, baking soda, garlic powder, paprika and cayenne; 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.

## Tips

- ✓ If you don't have whole wheat flour, use 250 mL (1 cup) of white flour with added bran for **extra fibre**.
- ✓ **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 3 days or in freezer for up to 2 weeks.** Warm in microwave before serving.
- ✓ **Try using less of the ingredients that are high in added sodium, sugars or saturated fat.** Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.  
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