

Australian Cheese Muffins

Whisk: 1 cup of milk (chill off)
1 cup of grated cheese (sharp cheddar or other to please)
1 egg.

Then add: 1-1 1/2 cups Self Rising flour. At this stage you can add anything you like - parsley, onion, bacon, pepper, salt etc. (I added 1/2tsp.cayenne, salt and black pepper.

Put into greased muffin pan - makes 12 3" muffins. Bake in moderate (400 degree) oven for 15 minutes. Test.