

Ingredients:

Makes 12

1 cup low fat cottage cheese
½ cup low fat parmesan cheese
½ cup wholemeal flour
½ cup plain flour
¼ cup almond meal
1 teaspoon baking powder
¼ cup sun dried tomatoes, chopped
¼ cup basil, chopped
¼ cup water
4 eggs, lightly beaten

Makes 36

3 cups low fat cottage cheese
1 ½ cups low fat parmesan cheese
1 ½ cups wholemeal flour
1 ½ cups plain flour
1 ½ cups almond meal
3 teaspoons baking powder
¾ cup sundried tomatoes, chopped
¾ cup basil, chopped
¾ cup water
12 eggs, lightly beaten

Equipment:

- Mixing bowl
- Measuring cups/spoons
- Wooden spoon
- Muffin tins (patty cases optional)



Method:

1. Preheat oven to 200°C
2. In a bowl, combine all the ingredients and mix well
3. Spoon the mixture into greased/lined muffin trays
4. Bake for 30-35 minutes until golden brown and serve warm