

## **Cheese, Ham & Onion Muffins**

### ***Ingredients***

1 small onion (finely chopped)  
1 tomato finely chopped  
1 cup grated cheese (I use tasty but it doesn't matter)  
2-3 thin slices ham, salami or 1 rasher bacon  
Small amount of chopped parsley, chives (optional)  
2 cups flour  
½ tsp. salt  
3 tsp. baking powder  
1 egg (lightly beaten) + water to make up to 1 cup.

### ***Directions***

1. Mix all ingredients together. (You may need to add a tbsp. more of water if they seem too dry.)
2. Spoon into greased muffin tins.
3. Bake @ 200\*C for 20 minutes.
4. Makes 10-12 muffins depending on muffin tin size.
5. Enjoy.



Note: I also make these with half tin salmon instead of the ham.  
You can put chopped avocado, feta cheese, sundried tomatoes for a change.

Note 2: I have never had any success at doubling this recipe (I have no idea why!!)  
So if I want more than 12 muffins I prepare a double lot in two separate bowls at the same time.

### ***Story***

I started because I wanted to give back to the community and as my Dad passed away 26 years ago with cancer (but there was no Hospice available then). I enjoy baking and find it relaxing so if it can benefit patients, staff and or families who have to spend time at Hospice, that is wonderful.

Thanks to people like Nessie, who have the vision even though they are busy to organise dates & pickups etc. my small part is very easy. Jan M