



Traffic light category: **Green**

Serves: **12**

## Ingredients

- 3 cups (approx 900g) slightly cooled mashed potato
- 1 egg, lightly beaten
- 1 cup reduced fat cheese, grated
- 3 tablespoons finely chopped chives

## Method

1. Preheat oven to 200°C, line a 12 cup muffin tray with paper cases
2. Combine all ingredients in a large bowl, mix well
3. Spoon mixture into paper cases
4. Bake for approximately 25 minutes, or until the tops are golden and crisp
5. Best served warm.

*Handy hint: If you wish to serve these muffins without the paper case, leave for 30 minutes or so and they will slide cleanly out.*

*Recipe courtesy Tracy Skipworth, Star of the Sea Primary School.*

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