



Makes 18

1 small head broccoli
2 cups all-purpose flour
2 tbsp granulated sugar
2 tsp baking powder
1 tsp salt
1 tsp dried thyme leaves
½ tsp onion powder
½ tsp baking soda
1 cup plain Balkan yogurt
2 eggs
¼ cup canola oil
1 ½ cups shredded cheddar cheese, divided
3 tbsp red pepper jelly

Optional: 1/3 cup cream cheese

Preheat the oven to 375F

1. Cut only the florets off the broccoli* and place them in a food processor that is fitted with the multi-purpose blade. Pulse until you have broccoli confetti. Alternatively, you can chop it by hand until you have very fine broccoli.
2. Whisk the flour, sugar, baking powder, salt, thyme, onion powder and baking soda together. Stir in the broccoli and 1 cup cheddar cheese.
3. In another bowl whisk together the yogurt, eggs and canola oil. Pour the wet ingredients into the dry and stir with a spatula until you have a thick and moist dough.
4. Spray 2, 12 cup muffin tins with non-stick spray.
5. If you want a cream cheese centre add a generous tablespoon amount of batter to 18 muffin cups, top with 1 tsp of cream cheese and then add another generous tablespoon of batter. If opting out of the cream cheese, distribute the batter evenly between 18 muffin cups.
6. Top each muffin with the remaining ½ cup cheese.
7. Cook 18min. Remove from oven and brush red pepper jelly over each muffin and return to oven for another 2min.
8. Remove and allow muffins to cool completely.
9. Trace a butter knife gently around each muffin to release the cheesy bits.



10. Remove from pan and store in an airtight container in the fridge.