

GARLIC CHEESY MUFFINS

125ml/1/2 cup Greek yogurt

4 large eggs

4-5 cloves garlic, pressed or finely minced, divided, depending how garlicky you want them

1 tsp salt

285g/3 cup ground almonds

2 tsp baking soda

125g/1 cup shredded Cheddar cheese

2 tsp chopped parsley

125g/4 ounces shredded mozzarella

85g/6 tbsp ghee, melted

Sea salt for sprinkling

Preheat the oven to 160c/325f and grease a muffin tin with oil or butter. Set the muffin tin on a large rimmed baking sheet to catch any drips.

Combine the melted ghee and 3 cloves of the garlic. Set aside.

In a high-powered blender or a food processor, combine the yogurt, eggs, rest of the garlic and salt. Process until well combined.

Add the almond flour, baking soda, cheddar cheese, and parsley and process again until smooth.

Divide half of the batter between the prepared muffin cups and use a spoon to make a small well in the center of each.

Roll the shredded mozzarella into balls and press into the wells. Drizzle with about 1 tsp of the garlic butter mixture.

Divide the remaining batter between each muffin cup, making sure you cover the cheese as best you can.

Sprinkle the tops with garlic butter and sprinkle with sea salt.

Bake 25 minutes until tops are golden brown and just firm to the touch. These will drip a lot of oil as they bake and it may spill over the sides a bit.

Remove and let cool 10 minutes before serving. They are fantastic still warm from the oven with the cheese still gooey. They are great cool too and warm up nicely.

