

## Savoury Rustic buns

### Ingredients

6oz/150g SR flour (white or wholemeal)

½ tsp baking powder

4oz/100g marg. (olive/sunflower)

2 med eggs

1 tbsp milk

2oz/50g cheese, grated (low fat)

½ small onion finely chopped

½ tsp mixed herbs

12 cake cases



### Method

1. Grate cheese, chop onion and place in large mixing bowl.
2. Sieve flour and baking powder into same mixing bowl.
3. Add all other ingredients.
4. Beat together with a wooden spoon until soft and creamy. ( An electric mixer can be used).
5. Place cake cases in a 12 hole bun tin and divide mixture evenly between each case.
6. Bake in oven gas 6 / elec 200oc for about 15 mins or until well risen, golden brown and fairly firm to the touch.
7. Cool on a wire tray.