**Autumn Lunch Muffins**

*You’ll need:*

* 2 ½ cups self-raising flour
* 1 egg, lightly beaten
* 1 cups buttermilk
* ⅓ cup olive oil
* cup cheddar cheese, grated
* ½ cup green olives, chopped finely
* 3 tbsp chives, chopped
* 3 tbsp parsley, finely chopped
* 1 tsp fresh thyme leaves
* 3 tbsp red capsicum, finely chopped

*Optional:* 2 red chilies, chopped

*Method:*

Preheat oven to 180°C.

Mix all ingredients together, then gently divide mixture into greased and floured muffin cases.

The cooking time will depend on the size of each muffin, from 12-29 minutes, till they are risen and firm when pressed with your finger or a knife. Don’t overcook or let them get crusty on top.

Eat at once, while still warm, as they become stodgy quickly.