



CHEESE AND BACON PUFFS

Servings: 24

Per 3 Puffs: 172 kcal and 5.9 g protein

INGREDIENTS

75 g streaky bacon, finely
chopped
75 g unsalted butter
75 ml whole milk (fortified milk
could be used to increase
nutritional content)
75 ml water
1/2 tsp mustard powder
1/2 tsp paprika
Ground black pepper
75 g plain flour
2 eggs, beaten
25 g Parmesan *or* other hard
cheese, finely grated
Handful parsley, finely chopped
or 1-2 tsp dried parsley

DIRECTIONS

1. Fry bacon until crisp.
2. Mix milk, water, butter, mustard powder, paprika and pepper together in a pan and heat up.
3. When the mixture boils, take off heat and mix in flour.
4. Continue to mix until mixture comes away from sides of pan.
5. Cool.
6. Mix eggs into flour mixture to give dropping consistency.
7. Mix bacon, parmesan and parsley into mixture.
8. Put teaspoonfuls onto greased baking sheets.
9. Cook at 200°C (180°C fan assisted) for 10-12 mins until puffed and golden.

NOTES

Using wholemeal or wholegrain flour instead of plain flour improves fibre content.

To increase flavour, energy and protein, sprinkle a little extra grated hard cheese on the top of each puff before baking.

Adding a sprinkle of seeds such as sesame seeds would also add flavour and some fibre.

