

Mini Spinach and Egg Muffins

Makes 12 muffins



Ingredients

- 6 eggs
- 80g spinach
- 100g cheddar cheese
- 2 tbsp water
- Oil for greasing

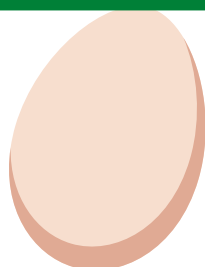
Method

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Grease 12 holes of a muffin tin with oil
3. Wash and Finely chop the spinach
4. Grate the cheese
5. Whisk the eggs in a large bowl.
6. Add the spinach, cheese and water. Mix well
7. Pour roughly 2 tbsp of mixture into each hole
8. Bake for 10 - 12 minutes until golden and cooked through
9. Use a knife once cooled to go around the edges of the muffin to remove from the tin

Yummy as a snack or lunch. Good source of protein

Can be used for weaning - chop into finger sized shapes

Can alter the recipe to use different veg e.g. grated carrot, courgette, peas etc or try with feta cheese



**I am suitable to freeze!
To defrost pop me on the counter for a few hours or in the fridge overnight**

