

spinach & cheese savoury muffins



4.7 from 48 reviews

Prep Time: 5 mins *Cook Time:* 20 mins *Yield:* 12 1x

Category: Lunch *Method:* Baked *Cuisine:* American

DESCRIPTION

Delicious savoury muffins packed full of vegetables like spinach and peppers; perfect for a family lunch or a kids afternoon snack!

INGREDIENTS

2 medium eggs

150ml / 1/2 cup milk

75g / 1/2 cup butter, melted

150g / 2 cups grated cheddar cheese

1 spring onion, chopped

75g / 2 cups fresh baby spinach, chopped

1/2 red pepper, diced

250g / 2 cups self raising flour

1/2 vegetable stock cube (can use low or no sodium stock cube)

salt and pepper to taste (but can be left out)

INSTRUCTIONS

- 1 Preheat the oven to 180c / 350f and line a muffin tin with 12 muffin cases.
- 2 Gently whisk the eggs in a large bowl and stir in the milk and melted butter. Mix in the grated cheese, spring onion, baby spinach and diced pepper.
- 3 Finally, add in the flour, salt and pepper (if using) and crumble in the stock cube and mix just enough until all the ingredients have combined.
- 4 Divide the mixture between the 12 muffin cases and bake in the oven for 20-25 minutes until cooked through (a skewer stuck into the middle should come out dry).
- 5 These muffins can be frozen once they have cooled completely. To defrost simply leave out for a few hours or overnight.

NOTES

Suitable from 12 months old.