

EASY FOOD

Recipes

Cheese & spinach muffins



What you need



Makes: 12 muffins
Allow 10 minutes preparation
+ 20 minutes cooking

2 handfuls baby spinach
2 cups light cheddar cheese
2 cups flour
2 eggs
 $\frac{1}{4}$ cup olive oil
2 tablespoons extra olive oil or
olive oil spray
 $\frac{1}{2}$ cup milk
Pepper to taste

To prepare



Muffin tray
Mixing bowl
Wooden spoon
Knife + fork
Cooking oil spray
(or extra olive oil)



Remember to wash your
hands before starting

1

Preheat oven to 180°C



2



Crack eggs
into bowl

3



Beat eggs

4



Pour in milk
and mix

5



Pour in $\frac{1}{4}$ cup oil
and mix

6



Pour in cheese
and mix

7



Chop spinach

8



Add spinach
and mix

9



Add flour and mix

10



Add some
cracked pepper

11



Mix well

12



Spray or brush muffin
tin with extra oil
(or use patty pans)

13



Add mix to
muffin tray

14



Place muffin tray
in oven for 20min

15



Remove with oven
mitts or towel

16

Poke muffin with fork or skewer



If muffins are cooked, fork will come out dry

17



If muffins aren't cooked, put back
in the oven for 5 minutes

18



Cool muffins for 15 minutes in tray



Place onto a plate

ENJOY!



Great for an easy breakfast, light lunch or snack.

Can be frozen – thaw in fridge or microwave.

To eat warm, heat a muffin for
10 seconds in a microwave.



Cheese and Spinach Muffins

Makes: 12 muffins

Allow: 10 minutes preparation
+ 20 minutes cooking

What you need

2 handfuls baby spinach
2 cups light cheddar cheese
2 cups flour
2 eggs
¼ cup olive oil
Extra 2 tablespoons olive oil
(or oil spray)
½ cup of milk
Pepper to taste

Muffin tray
Mixing bowl
Wooden spoon
Knife + fork
Cooking oil spray
(if using)



Methods:

1. Preheat oven to 180°C.
2. Crack eggs into mixing bowl, add milk and olive oil, and mix together.
3. Mix in grated cheese and chopped-up baby spinach leaves.
4. Add in flour and cracked pepper, mix until all ingredients are combined.
5. Spray or brush muffin tray with oil, then add muffin mixture.
6. Bake muffins in the oven for 20 minutes or until cooked through. Remove with oven mitts.
7. Poke muffin with a fork or skewer, if cooked it will come out dry. If muffins aren't cooked, put in the oven for another 5 minutes.
8. Allow muffins to cool for 15 minutes in tray before removing onto a plate.
9. Enjoy!

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Health

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