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 1/4 cup olive oil 2 tablespoons extra olive oil or olive oil spray ½ 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

Preheat oven to 180°C







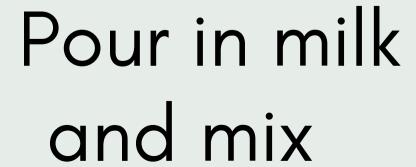




Beat eggs





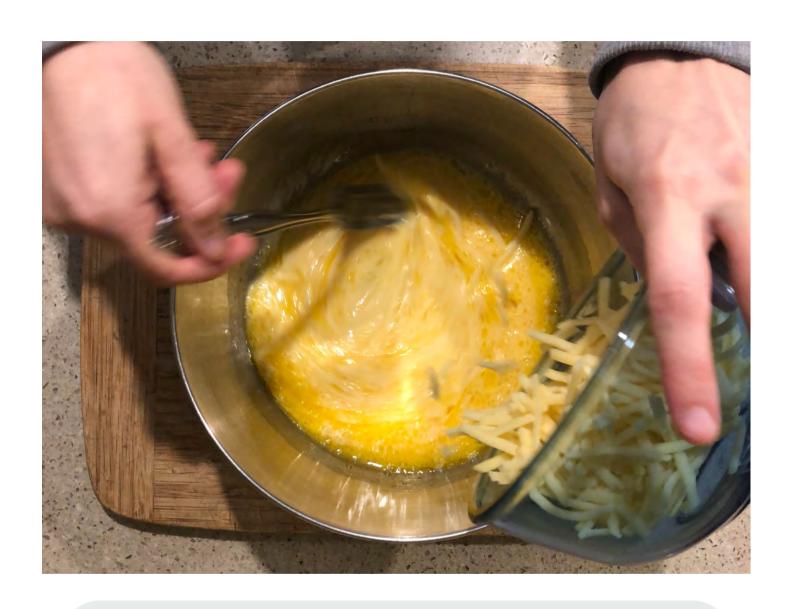






Pour in 1/4 cup oil and mix

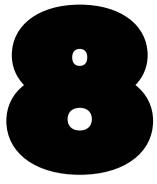




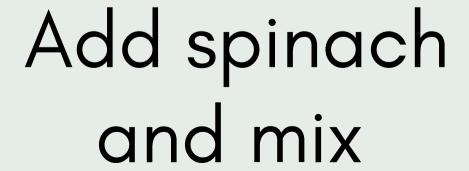




Chop spinach











Add flour and mix



Add some cracked peper



Mix well



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



Add mix to muffin tray



Place muffin tray in oven for 20min



Remove with oven mitts or towel

Poke muffin with fork or skewer







If muffins are cooked, fork will come out dry



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

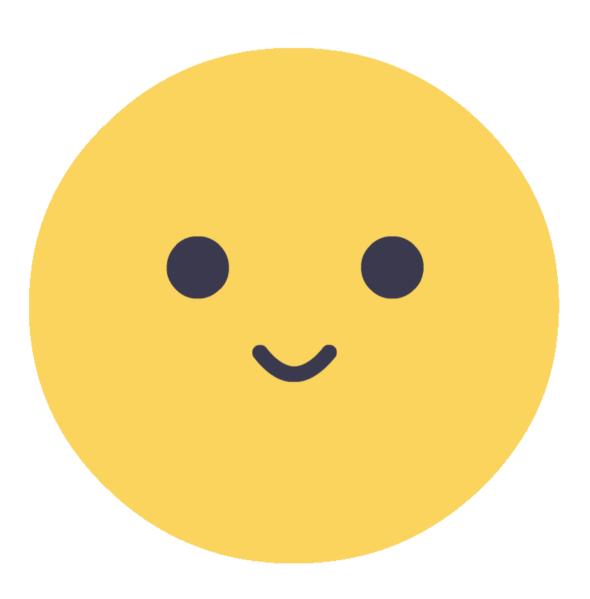






Place onto a plate

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
1/4 cup olive oil
Extra 2 tablespoons olive oil
(or oil spray)
1/2 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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