

Spinach, Kumara & Sun-dried Tomato

Savoury Muffins

Ingredients

- 2 large eggs
- 2 tbsp vegetable oil
- 1/2 cup sun-dried tomatoes
- 1 1/2 cups self-raising flour
- 1 tsp baking powder
- 1/3 cup parmesan
- 2/3 cup skim milk
- 100g frozen spinach
- 150g grated kumara (sweet potato)

Method

1. Preheat oven to 180 degrees Celsius. Line muffin trays with cases or grease.
2. Sift flour and baking powder into a large bowl. Add spinach, kumara, sun-dried tomatoes and parmesan. Place eggs, milk and oil in a large jug and whisk to combine. Add wet ingredients to dry ingredients and stir until just combined (do not overmix)..
3. Divide mixture among holes in prepared muffin tray. Bake for 15-20 minutes or until muffins are golden and cooked through. Remove muffin tray, transfer to a wire rack and set aside to then serve.