



SILVERBEET MUFFINS

GLUTEN FREE



INGREDIENTS

Makes 12

- 1 ½ cups gluten-free self-raising flour
- 3 large eggs
- 1/2 cup Greek yoghurt
- 1/2 cup olive oil
- 80 g tasty cheese, grated
- 1/2 tsp salt
- 3 large silverbeet leaves, finely chopped
- 1 spring onion, finely chopped
- 2 garlic cloves, finely chopped
- Extra olive oil for frying

INSTRUCTIONS

1. Preheat the oven to 180C and grease muffin tray.
2. In a frying pan heat a little olive oil over medium heat and sauté silverbeet, spring onion and garlic. Set aside.
3. In a large bowl beat eggs then add yoghurt, oil and cheese.
4. Add sifted flour and salt to the egg mixture, tiring to combine. Then fold in prepared silverbeet mixture evenly.
5. Spoon into prepared muffin tray, only filling 3/4. Bake for about 20-25 minutes or until a skewer inserted in the centre comes out clean.



EQUIPMENT

- Frying pan
- Mixing bowl
- Wooden spoon
- Muffin tin
- Cooling rack

FROM THE GARDEN

- Silverbeet, garlic, spring onion