

Easy Spinach And Feta Muffins

By Victoria Nisbet

Spinach and feta - always a winning combination!! A yummy snack for the lunch box!



Difficulty **Easy**

Prep time **10 mins**

Cooking time **15 mins**

Serves

12

Ingredients

2 Cups self raising flour

½ tsp salt

100g feta cheese, cut into small squares

1 Cup spinach leaves, finely chopped

½ onion, finely chopped

¾ Cup of grated cheese

1 egg

1 Cup milk

Optional: chilli powder, any herbs you like, pepper to taste. Extra grated cheese or parmesan for sprinkling on top.

Method

Preheat oven to 180°C.

Spray a muffin tray with oil or line with muffin cases.

Sift flour and add all ingredients into a bowl, adding the milk and egg last.

Fold all ingredients together.

Spoon mixture into muffin tray, sprinkle extra cheese on top if desired.

Bake for 15 minutes or until golden brown and a toothpick comes out cleanly.

This recipe has not been tested by Chelsea Sugar.