

Breakfast (or lunch) muffins



Ingredients

- 250 g spinach
- 150 g self-raising flour
- 200 g Pur Natur full-fat yoghurt
- 3 eggs
- 80 g feta cheese

Instructions

Preheat the oven to 180°C. Sauté the spinach until wilted and set aside to drain in a sieve. Mix the yoghurt with the flour. Add the eggs and beat into a smooth batter. Squeeze the moisture from the spinach and mix into the batter.

Make muffin liners from baking paper or use ready-made muffin liners to line a muffin tin. Ladle the batter into each liner, filling it up to the edge. Top each muffin with flakes of feta cheese.

Bake the muffins for 20 minutes until brown. Prick in the muffins with a skewer to see if they are cooked. The skewer should come out dry.