

SPINACH AND ONION EGG MUFFINS

INGREDIENTS

250g Spinach

2 Red Onions

2 rounds Black Pepper Feta

8 Eggs

For frying Butter

METHOD

Preheat the oven to 180C.

Chop up the spinach and red onion.

Fry the spinach and onion together in the butter on medium heat, until the onions are translucent and the spinach wilts.

Whip the eggs well.

Mix together the eggs, spinach and onion. Crumble in the feta and mix.

Pour the mixture into the muffin tin.

Bake for 20-25 minutes or until golden brown. Use the tooth pick test to ensure that the centres are cooked.

Once cooked, remove from the oven to let cool.