



SPINACH AND PROSCIUTTO MUFFINS

SERVES: 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

- 6 large **eggs**
- 120ml **milk**
- 75g **soft goat cheese**, crumbled
- 140g **baby spinach**, wilted and chopped
- 90g roasted **red pepper**, diced
- 60g **prosciutto**, sliced into ribbons

MACROS PER PORTION

CALORIES	158	PROTEIN	13
CARBS	4	FATS	10
FIBRE	1		

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and spraying a 12-cup muffin pan with non-stick cooking spray.

Meanwhile, beat the eggs, milk, ¼ tsp salt and ⅛ tsp black pepper together then stir in the cheese, spinach and roasted red pepper.

Divide this batter among the muffin-pan cups, top with prosciutto and bake for 20 to 25 minutes or until just set in the centre.

Remove from the oven and allow to cool on a rack for 5 minutes, then remove from cups.

Equally delicious served warm or cold.