



SWEET POTATO, SPINACH AND FETA MUFFINS

INGREDIENTS

- 1 cup plain flour
- 1 cup wholemeal flour
- 1 tbsp bi-carb soda
- 40g spinach leaves (chopped & steamed)
- 2 shallots (thinly sliced)
- 100g feta (crumbled)
- 2 eggs (beaten)
- 2/3 cup plain Greek yoghurt
- 125g creamed corn
- 550g sweet potato (mashed)
- 50g butter (melted)
- 1/4 cup parmesan (grated)

DIRECTIONS

- 1. Preheat oven to 180c, and lightly grease a 12 hole muffin pan, or line with cases.*
- 2. Sift flour and bi-carb soda together in a large bowl.*
- 3. Stir in spinach, onion and half of the feta.*
- 4. Combine the rest of the ingredients in a separate bowl, and mix until well combined.*
- 5. Fold through the dry mixture. Spoon into the prepared cases and sprinkle with remaining feta.*
- 6. Bake for 25 - 30 minutes until cooked, test with a skewer.*

BANANA MUFFINS

DIRECTIONS

- 1. Preheat oven to 180c, and lightly grease a 12 hole muffin pan, or line with cases.*
- 2. Place all the ingredients, except for the dark chocolate chips, into a food processor.*
- 3. Blend until you have a smooth batter.*
- 4. Spoon the mixture evenly into the prepared cases.*
- 5. Top each muffin with a sprinkle of dark chocolate chips.*
- 6. Bake for 20mins until cooked, test with a skewer.*



INGREDIENTS

- 2 cups rolled oats
- 3 bananas
- 2 eggs
- 8 medjool dates
- 1 tsp bi - carb soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/2 cup dark chocolate chips