



## QUIRKY QUINOA MUFFINS

Makes 12 Muffins

Wheat Free, Gluten Free, Dairy Free

### INGREDIENTS

- 200g (1 cup) Quinoa, rinsed
- 2 Eggs
- 1 Brown Onion, finely chopped
- 200g Goat's Cheese or grated full-fat Cheddar Cheese
- 45g (1/3 cup) Cherry Tomatoes, diced
- ½ cup Roughly chopped Coriander or Italian Parsley
- ½ teaspoon freshly ground Black Pepper
- ½ teaspoon Sea Salt

### INSTRUCTIONS

- 1) Preheat oven to 175°C (345°F/ Gas 3-4) and line a 12-hole 60ml muffin tin with paper muffin liners.
- 2) Cook the quinoa according to the packet instructions.
- 3) Combine the cooked quinoa with the other ingredients in a large bowl. Divide the mixture among the muffin tins and flatten the tops with a spatula.
- 4) Bake for 20mins or until golden brown. Remove from oven and set aside on a wire rack to cool for 15mins.
- 5) These will keep in an airtight container in the fridge for 4 days.

NB.Omit cherry tomatoes if sensitive to nightshades