







Savoury Veggie Muffins

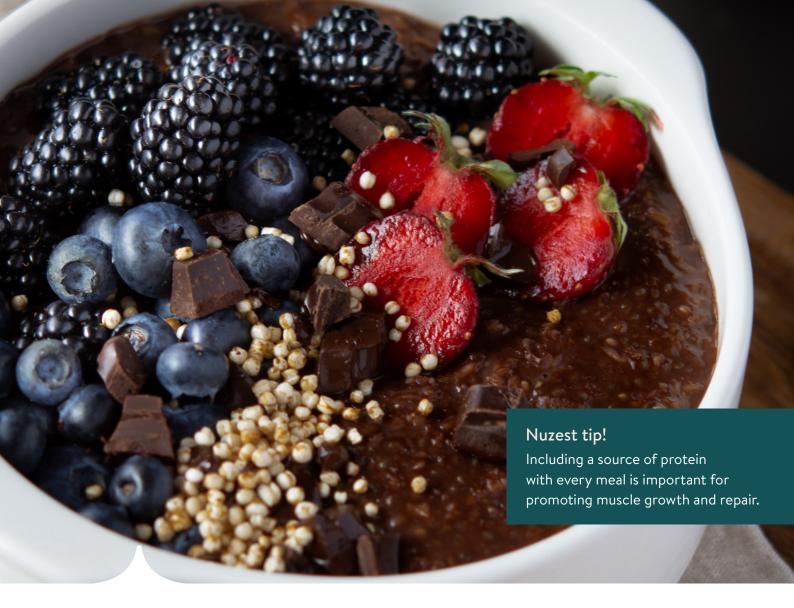
Ingredients - Makes 12 Muffins

- 6 eggs
- 250g baby spinach
- 1½ cups chopped cherry tomatoes
- ¼ cup grated cheddar cheese
- ½ a bunch fresh basil, chopped
- Salt and pepper to taste

Method

- 1. Preheat oven to 180°C fan forced.
- 2. Lightly coat a 12-pan muffin tray with non-stick oil spray.
- 3. Whisk the eggs together in a large bowl.
- 4. Add the chopped basil, cherry tomatoes and baby spinach. Mix well and season to taste.
- 5. Bake for 20-25 minutes.
- 6. Remove from the oven and cool slightly. Store in an airtight container in the refrigerator for up to 4 days.





Chocolate Baked Oats

Ingredients - Serves 1

- 1 serve (25g) Rich Chocolate Clean Lean Protein
- 1 cup of rolled oats
- 1 egg

Optional toppings

- Berries
- · Chocolate chips

Method

- 1. Pre-heat the oven to 180°C fan forced.
- 2. Place all ingredients into a bowl and mix until combined.
- 3. Pour the mixture into two oven proof bowls and bake for 20-25 minutes.
- 4. Remove from the oven and finish with toppings of your choice.

- 2tsp baking powder
- ¼ cup apple sauce
- ¼ cup of milk of choice

