

## INGREDIENTS

- 2 large eggs
- 30 ml milk
- 125 g cottage cheese
- ½ Tbsp olive oil
- ¾ cup all-purpose flour
- 1 tsp baking powder
- A generous pinch of salt
- 1 ½ cups chopped broccoli and spinach
- 1 spring onion, (finely sliced)
- 1 cup grated cheese (reserve a little for topping)

## INSTRUCTIONS

- 1) Preheat air fryer to 200°C.
- 2) Whisk eggs, milk, cottage cheese, and olive oil in a bowl.
- 3) Stir in flour, baking powder, and salt.
- 4) Fold in broccoli, spinach, spring onion, and most cheese (save some for topping).
- 5) Lightly spray silicone muffin tray with oil.
- 6) Divide batter into 6 cavities and top with remaining cheese.
- 7) Air fry for 25 minutes, or until golden and firm.
- 8) Cool slightly before serving.



## Savoury Muffins



6 servings



30 Minutes

Enjoy these delicious muffins, packed with fresh veggies and melted cheese. Perfect for a midday snack or a wholesome treat anytime!

Enjoy!