

Pumpkin, Spinach and Feta Muffins

Makes 12

1 ½ cups brown rice flour

1 ½ cups almond meal

1 ½ teaspoons baking powder

½ teaspoon baking soda

1 teaspoon salt

½ teaspoon black pepper

1 ½ cups chopped spinach

1 ½ cups rosemary roasted pumpkin cubes

¾ cups feta, crumbled

3 eggs

1/3 cup coconut oil, melted

¾ cups milk



Preheat the oven to 200°C. Line a 12 hole muffin tray with baking paper. Combine the flour, almond meal, baking powder, baking soda, salt and pepper in a bowl. Whisk the eggs and then add the wet ingredients to the dry. Also add the spinach, pumpkin and feta and stir until everything is just combined. Turn the oven down to 180°C and spoon the mixture into muffin holes (the mixture will go quite thick so you may need to press it into the holes). Bake for 25-30 minutes or until a skewer comes out dry. Cool in the tray for 10 minutes and then remove to cool completely on a wire rack.