

## Ingredients (serves 12)

- Olive oil spray
- 2 cups wholemeal flour
- 4 teaspoons baking powder
- ½ teaspoon black pepper
- 100g reduced fat feta cheese
- ¼ cup parmesan cheese
- 2 eggs
- 200ml reduced fat Milk
- 2 tablespoons reduced fat natural yoghurt
- 50g fresh spinach leaves
- ¾ cup sun dried tomato

### Tip:

Alternative Fillings: Substitute spinach and sun dried tomato with 2 x zucchini and 2x carrot grated

## Equipment

- 12 cup muffin tray
- Sieve
- Measuring cups
- Measuring spoons
- Wooden spoon for mixing
- Spoon
- Toothpick/skewers

## Method

1. Preheat oven to 215°C. Spray a 12 cup muffin tray with olive oil spray
2. Sieve the flour, baking powder and pepper into a large bowl. Stir in the feta and parmesan
3. In a separate bowl, beat the eggs and the milk, and stir through the yoghurt, spinach and sun-dried tomatoes
4. Combine the wet and dry ingredients and stir until just mixed. Spoon the mixture evenly into the greased muffin pans
5. Cook for 12-15 minutes, until well risen and golden, and a toothpick or skewer inserted into the middle comes out clean