

Breakfast Muffins

Super Seed Sweet Potato Muffins

Food Foundations • another NAQ Nutrition program

Super Seed Sweet Potato Muffins

Makes 12 large muffins or 24 mini muffins

Ingredients

- Spray oil
- 500g sweet potato
- 4 spring onions
- 1 large chilli (optional)
- 6 large eggs
- 5 tablespoons cottage cheese
- 100g grated parmesan cheese
- 100g sun dried tomatoes, thinly sliced
- ¼ cup sunflower and pumpkin seeds
- 1 teaspoon dried rosemary
- 250g self-raising flour (1 2/3 cups)



Method:

1. Preheat oven to 180°C. Line muffin tray with cases and spray with oil.
2. Peel sweet potato and grate into a large bowl.
3. Finely slice spring onions and chilli.
4. Crack eggs into bowl and stir in cottage cheese and most of the parmesan cheese (reserve a little for garnish) until well combined. Season with pepper.
5. Add flour, sun dried tomatoes most of the seeds (reserve a few for garnish) and rosemary and stir until just combined.
6. Evenly divide the mixture between cases.
7. Sprinkle over remaining seeds and parmesan.
8. Bake for 35-40 minutes until golden and set.
9. Serve warm.

Notes

Muffins are best stored in the fridge and can be reheated in the microwave or oven prior to serving. Can be kept frozen for 1 month!