

Quinoa & Asparagus Muffins



MAKES 4; 2 PER SERVING

Ingredients

1 cup quinoa (cooked)

6 asparagus spears

½ cup parmesan (grated)

½ tsp garlic powder

½ tsp paprika

1 whole egg

1 egg white

¼ tsp cayenne pepper

Salt to taste

Instructions

Pre-heat oven to 180 degrees Celsius. Grease a muffin tin with spray oil.

Cook Quinoa according to packet instructions or throw it into your rice cooker. Once cooked set it aside to cool.

Cut the tips off your asparagus and save them for decoration on top of your muffins. Break off the ends of the asparagus to rid it of the hard chalky bits. Thinly slice the asparagus into small circles.

In a bowl add into quinoa, asparagus, parmesan, garlic, eggs, paprika, cayenne pepper and salt. Give a good mix then spoon into muffin tin. Place an asparagus tip on top of each one.

Place in the oven for 20 minutes or until cooked and lightly brown.

NB. These muffins are a great recipe to make on a Sunday so you can have them ready to go for a really tasty meal 2 option. This recipe makes 4 muffins, save 2 for tomorrows meal 2.

