

CAULIFLOWER CHEESE EGG MUFFINS

350g cauliflower florets

5 eggs

1 cup grated cheese

Optional baby spinach leaves and cherry tomatoes

Seasoning



Roughly chop cauliflower, blitz in a food processor until resembles a fine grain.

Whisk eggs. Add cheese and cauliflower.

Season with salt and pepper if required.

Fill greased muffin cups with egg mixture.

Decorate with spinach leaves or cherry tomatoes if desired.

Bake at 180 degrees for 15-20mins or until firm and springy to touch.

Source: mykidslickthebowl.com