

🕒 30 minutes - PORTIONS: 🍴🍴🍴

INGREDIENTS

- 165 g quinoa
- 150 g courgettes, grated
- 150 g carrots, grated
- 20 g parsley, chopped
- 100 g cheese, grated
- 4 eggs
- A pinch of salt

METHOD

- 1 Cook** the quinoa according to package instructions. Once cooked, remove from heat and allow to cool.
- 2 Heat** the oven to 180°C.
- 3 Grease** the muffin tin with olive oil and set aside.
- 4 In** a large bowl, mix the cooked quinoa, courgettes, carrots, parsley, cheese and eggs.
- 5 Pour** the mixture into the muffin tins.
- 6 Bake** for 20-25 minutes or until golden brown.
- 7 Remove** from the oven and let cool. Enjoy!

QUINOA AND
VEGETABLE MUFFINS