



**PREP**  
10 min

**COOK**  
20-22 min

**SERVES**  
12 muffins

# Protein Packed Breakfast Muffins with Cottage Cheese

## INGREDIENTS

1 cup White Mill self-raising flour  
1 cup Westacre Dairy cottage cheese  
2 Lodge Farms eggs  
1/2 cup Farndale full cream milk  
1 cup fresh spinach, finely chopped  
1/2 cup Westacre Dairy tasty shredded cheese  
1/4 tsp Stonemill salt  
1 tsp Stonemill garlic powder  
Stonemill pepper, to taste

## METHOD

1. Preheat oven to 180°C (fan-forced). Line a 12-hole muffin tray with paper cases.
2. In a large bowl, combine the self-raising flour, garlic powder, salt, and pepper to taste. Stir through the spinach and shredded cheese.
3. In a separate bowl, whisk together the cottage cheese, eggs, and milk until smooth.
4. Pour the wet ingredients into the flour mixture and fold gently until just combined.
5. Spoon the mixture into the muffin cases.
6. Bake for 20-22 minutes, or until firm and lightly golden.
7. Allow to cool before storing or packing into lunchboxes.



Add a spoonful of Remano long-life grated parmesan cheese for an extra savoury flavour boost.



Good Different