



# CAULIFLOWER BREAKFAST MUFFINS

Yes, “muffins” and “cauliflower” don’t usually appear in the same sentence!  
These are very tasty, portable and easy to make.

## INGREDIENTS (serves 2)

1 large cauliflower, broken into florets  
30g baby spinach  
80g red onion, finely chopped  
Handful of frozen peas  
6 eggs, beaten  
Pinch cayenne pepper  
Salt and pepper

## METHOD

Preheat oven to 190 C, gas mark 5.

Blast the cauliflower in a blender for a few seconds (be sure to not overdo this, needs to be consistency of rice).

Transfer cauliflower into a thin tea towel and wring out excess water.

Add eggs and whisk until combined, then add all the other ingredients.

Grease a muffin tin (or use muffin cases) and fill each one about 2/3 full.

Bake for about 20-25 mins or until lightly golden.