



# Recipes for Success



## *Savory Muffins with Spinach, Tomato and Feta Cheese*

Make these flavourful muffins for a grab-and-go breakfast or use them to dip into your favourite soup.

**Serves:** 12  
**Time to prepare:** 15 min  
**Time to cook:** 20 min

### **Ingredients:**

2 cups (500 mL) all-purpose flour  
1 tbsp (15 mL) baking powder  
1/4 tsp (1.25 mL) baking soda  
1/2 tsp (2.5 mL) salt  
1/4 tsp (1.25 mL) pepper  
1/4 tsp (1.25 mL) garlic powder  
1/4 tsp (1.25 mL) dried oregano  
2 eggs  
3/4 cup (175 mL) milk  
1/2 cup (125 mL) melted butter  
2 tsp (10 mL) granulated sugar  
2 cups (500 mL) packed baby spinach, roughly chopped  
1 Roma or plum tomato, finely chopped  
1/2 cup (125 mL) finely crumbled feta cheese  
2 tbsp (30 mL) grated Parmesan cheese



### **Instructions**

- **STEP 1:** Preheat oven to 400°F (200°C). Line 12 muffin cups with paper liners; set aside.
- **STEP 2:** Whisk together flour, baking powder, baking soda, salt, pepper, garlic powder and oregano; set aside. In separate bowl, whisk together eggs, milk, melted butter and sugar until blended; stir into dry ingredients just until combined (do not overmix). Fold in spinach, tomato, feta and Parmesan cheese until combined.
- **STEP 3:** Spoon into prepared muffin cups. Bake until tester comes out clean, about 20 to 25 minutes; let cool in pan on wire rack for 10 minutes before turning out muffins. Let the muffins cool completely and store in airtight containers and refrigerate for up to 2 days or freeze for up to 1 month.

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