



THE MAY 50K



# Savoury Veggie Muffins

Ingredients - Makes 12 Muffins

6 eggs

250g baby spinach

1 ½ cups chopped cherry tomatoes

- ½ cup grated cheddar cheese
- ½ a bunch fresh basil, chopped
- Salt and pepper to taste

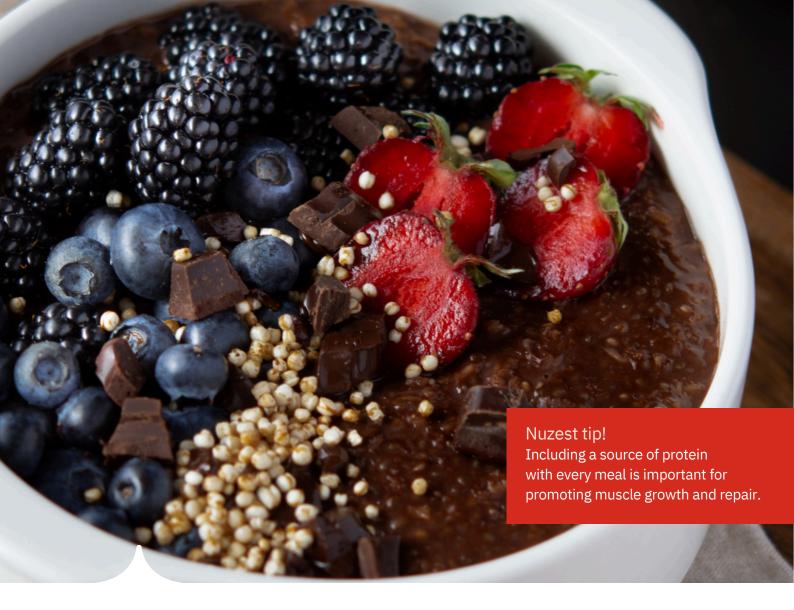
### Method

- 1. Preheat oven to 180°C fan forced.
- 2. Lightly coat a 12-pan muffin tray with non-stick oil spray.
- 3. Whisk the eggs together in a large bowl.
- 4. Add the chopped basil, cherry tomatoes and baby spinach. Mix well and season to taste.
- 5. Bake for 20-25 minutes.
- 6. Remove from the oven and cool slightly. Store in an airtight container in the refrigerator for up to 4 days.

2tsp baking powder

1/4 cup of milk of choice

½ cup apple sauce



## **Chocolate Baked Oats**

## Ingredients-Serves 1

- 1 serve (25g) Rich Chocolate Clean Lean Protein
- 1 cup of rolled oats
- 1 egg

## Optional toppings

- **Berries**
- Chocolate chips

#### Method

- 1 Pre-heat the oven to 180°C fan forced.
- Place all ingredients into a bowl and mix until combined.
- 2 Pour the mixture into two oven proof bowls and bake for 20-25 minutes.
- Remove from the oven and finish with toppings of your choice. ₿.

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