



Savory broccoli muffins

25'
Hands on

35'
Cook Time

12
Portion(s)

1
Difficulty



Ingredients

- 900 g broccoli
- 200 g strained yogurt
- 2-3 tablespoon(s) olive oil
- 2 eggs, medium
- salt
- pepper
- lemon zest, of 1 lemon
- 1/4 bunch mint
- 150 g mixed cheeses, grated
- 300 g all-purpose flour
- 1/2 teaspoon(s) baking soda
- 1 tablespoon(s) baking powder

To serve

- mint leaves

Method

- Preheat the oven to 180° C (350° F) set to fan.
- In a [pot](#) with boiling water, add salt and the broccoli. Boil for 8-10 minutes.
- Drain the broccoli and add it straight to a bowl with water and ice to chill. Keep 300 g of the broccoli and use the remaining in another [recipe](#).
- Add the broccoli into a food processor and beat well until it is crumbled but not dissolved.
- Transfer into a bowl and add the yogurt, the olive oil, the eggs, salt, pepper, the lemon zest, the mint finely chopped, and 100 g of the grated cheese mix.
- In another bowl, mix the flour with the baking soda and the baking powder, and add them to the bowl with the broccoli.
- Mix with a serving spoon until the mixture thickens and then, keep mixing with your hands.
- Place the special baking cups in a [12-cup muffin pan](#) and grease them.
- Divide the mixture into the cups and sprinkle with the remaining cheese.
- Bake for 30-35 minutes.
- Let them cool and serve with mint leaves.

Διατροφικός πίνακας

Nutrition information per portion

203 Calories (kcal)	9.0 Total Fat (g)	3.8 Saturated Fat (g)	21.0 Total Carbs (g)
10%	13%	19%	8%
1.8 Sugars (g)	8.8 Protein (g)	1.9 Fibre (g)	0.75 Sodium (g)
2%	18%	8%	13%