THE LIGHTER PLATE METHOD

Broccoli & Ricotta Muffins

Blitzed broccoli and ricotta bake up light and savoury — a genuinely good lunchbox staple.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**30 min**	**40 min**	**6**	**EASY**

Ingredients

- 200 g broccoli (cooked)
- 100 g ricotta
- 3 eggs
- 2 tbsp tapioca starch
- 1 tsp baking powder
- 1 tsp sea salt
- 30 g cheddar (grated, to top)

Method

1. Heat the oven to 180°C (fan 160°C) and grease a 6-hole muffin tin.
2. Blend the broccoli, ricotta, eggs, tapioca starch and salt together until smooth.
3. Stir in the baking powder gently.
4. Divide between the muffin holes and top with grated cheddar.
5. Bake for 30 minutes, until risen and golden.

Tips & swaps

- These are quite soft straight from the oven — they firm up as they cool.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
130	**9g**	**6g**	**8g**	**2g**

Estimated values, for guidance only. Contains: Egg, Milk.