

IT'S A SNACKDOWN CHEESY BROCCOLI MUFFINS

Servings: 6

Ingredients:

- 1/2 cup all-purpose flour
- 1/3 cup quick cooking instant oats
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 egg
- ½ cup low-fat milk
- 2 Tbs. olive oil
- 1 Tbs. honey
- 2 tsp. Dijon mustard
- 1 cup lightly cooked broccoli, drained and finely chopped
- 1/3 cup shredded reduced-fat cheddar cheese

Directions:

- Preheat the oven to 375°F and line a 6-cup muffin pan with paper liners.
- In a medium bowl, whisk together the flour, oats, baking powder, and salt. Set aside.
- In a large bowl, whisk together the egg, milk, olive oil, honey, and mustard until well blended. Stir in the broccoli and half of the cheese.
- Pour the dry ingredients into the broccoli-egg mixture and stir just until well combined.
- Using a spoon or ice cream scooper, divide the batter evenly into the prepared paper cups, and then scatter the tops with the remaining cheese.
- Bake for 15 to 18 minutes, until a toothpick inserted in the center comes out clean.
- Let the muffins cool in the pan for at least 5 minutes before enjoying. Serve warm or cold.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cooking, cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

