

## Spinach and Cheese Brain Power Muffins!

Trying to get kids to eat healthy particularly when they are not feeling well can be a challenge! Even if you cannot encourage your child to eat, they may have fun and be distracted from a lousy day making these yummy muffins! They may feel proud and have a sense of achievement at the fuss you make when they help to create these yummy muffins! You never know they may even enjoy eating them!

### Recipe

**WET MIX:** 1 Egg beaten

200gm chopped fetta cheese, leave 20gms for the top of muffins.

$\frac{1}{2}$  onion finely diced 1cup chopped spinach  $\frac{1}{2}$  cup milk.

**DRY MIX:** 2 cups self raising flour

1teaspoon sugar 1teaspoon salt Pinch of chilli or cayenne pepper.

**METHOD:** Preheat oven and grease muffin pans.

Place wet mix in a bowl and stir well. Gently stir in the dry mix. Place mixture in muffin tins. Sprinkle with remaining fetta cheese and a handful of chopped spinach mixed together.

Makes 10 to 12

Bake at 200 degrees

Trace or copy lightning bolt, mouth and draw arm, stick into muffins add mouth with a small dob of margarine or butter.