

# The Sailing Chef

## Ingredients:

- 330 ml milk
- 90 gr butter, melted
- 2 eggs
- 375 gr self-raising flour
- 2 TBS parmesan finely grated
- 1 cup chopped Olives
- 1 cup chopped semi dried Tomatoes
- 2 cup shredded fresh Spinach
- 150 gr Feta crumble

## Preparation:

Preheat oven to 420°F (200° C). Brush 12 80ml muffins pan with canola oil to lightly grease.

Sift flour into a bowl. Add shredded spinach, olives, tomatoes, feta and parmesan, stir to combine. Wisk together eggs, milk, butter and spices, until well combined. Add milk mixture to flour mixture and stir until just combined (do not over mix)

Spoon mixture into prepared pans. Sprinkle with extra parmesan. Bake for 20 minutes.

Bon Appetit!

## Salty Muffins



## Variations:

For a savoury snack and tasty apero that's quick and easy to make!

You can add or remove olives and dry tomatoes. You do it as you like !!

You can also freeze them and reheat them in microwave!

MORGANE