

QUINOA AND BROCCOLI CUPS

INGREDIENTS

- 3 eggs (whisked)
- 1/3 cup cottage cheese (low fat optional)
- 1/4 cup mozzarella cheese for garnish (low fat optional)
- 1 cup cooked quinoa
- 1 cup broccoli chopped into small pieces
- Herbs and seasoning to taste (salt, pepper, spring onions, parsley and dill are great options)

DIRECTIONS

1. Preheat oven to 180 degrees
2. Mix all ingredients (except mozzarella) in a bowl
3. Fill non-stick muffin cups or moulds with the mixture
4. Sprinkle mozzarella on top
5. Bake in preheated oven for 30 minutes or until cooked through



DONNA BORTHWICK
LEGAL

“A tasty and healthy breakfast or lunch option that can be made in advance or frozen”

