Spinach and Feta Muffins

Grocery List

* 1 ½ C AP Flour
* 1 Tbsp. Baking Powder
* ½ Tsp. Sea Salt
* ¼ Tsp. Black Pepper
* ½ Tsp. fresh Thyme
* ½ Tbsp. Sugar
* 1 C 2% Milk
* 1 Egg
* ¼ C melted Unsalted Butter
* ¼ C diced Red Onion
* 1 heaping C packed fresh Baby Spinach, chopped
* ½ 185g package FETA, cubed

Prep Time: 20 Min

Cook Time: 19 -23 Min



1. Melt your butter either on the stove top or in the microwave and set aside to cool.
2. Preheat oven to 375 F
3. In a large mixing bowl, combine the flour, baking powder, salt, pepper, thyme, and sugar. Stir together with a fork.
4. In a liquid measuring cup, measure out the milk. Whip the egg in a small bowl and add it to the measuring cup of milk. Slowly stir in the cooled, melted butter.
5. Pour the liquid ingredients in with the dry ingredients slowly while stirring to combine. Stir in the chopped spinach and diced red onion.
6. Lightly oil all 12 muffin holes and follow by sprinkling each hole with all purpose flour. Using an Ice Cream scoop, scoop the batter evenly between the 12 muffin holes. Top each muffin with a few cubes of the feta cheese and a good pinch of sea salt and black pepper.
7. Bake for 20 – 23 Min.
8. Remove from oven and wait 2 or 3 minutes before sliding the muffins out onto a wire rack. Serve immediately as they are best warm.