



Low FODMAP Vegetable Muffins

Serves: 12

Prep: 5 minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
1 red capsicum	300 g	10.6 oz
2 tomatoes	240 g	8.5 oz
1 bunch basil leaves, chopped	16 g	0.6 oz
1 bunch spring onions, green tops only	16 g	0.6 oz
10 eggs	580 g	20.5 oz
½ cup grated hard cheese (e.g. cheddar)	50 g	1.8 oz
½ tsp salt	1 g	0.03 oz

Method

1. Preheat oven to 180°C/356°F.
2. Rinse outer shell of eggs, crack into a large bowl and whisk. Chop the capsicum, tomatoes, basil and spring onion and mix into the whisked eggs. Add salt.
3. Grate cheese and set aside.
4. Spray muffin pans with non-stick spray. Pour mixture into the muffin tray.
5. Sprinkle muffins with cheese.
6. Place tray in the oven for 25-30 minutes.

Hints

- Muffins can be frozen to be enjoyed as an on-the-go breakfast for a couple of weeks. To defrost, place muffins in the microwave for 30 seconds to 1 minute.
- You can swap the vegetables in this recipe for your favourite low FODMAP vegetables. Check the Monash University Low FODMAP Diet app for low FODMAP serving sizes.

Nutrition Information (per serve)	
Energy	376 Kj / 90 cal
Protein	7.50g
Carbohydrates	2.60g
Sugar	2.80g
Total Fat	5.80g
Saturated Fat	2.80g
Fibre	0.60g