

# Low FODMAP Ham, Cheese and Spinach Breakfast Muffins

Serves: 6

Prep: 10 minutes

Cook: 20-25 minutes



Ingredients	Metric	Imperial
1½ cups corn (maize) flour	200 g	7.1 oz
½ cup oat bran	50 g	1.8 oz
2¼ tsp baking powder	11 g	0.4 oz
½ tsp xanthan gum	1.5 g	0.05 oz
⅓ cup cream (thickened or pouring ~35% fat)	94 g	3.32 oz
½ cup low-fat milk (use lactose-free if required). A little extra if required	150 g	5.3 oz
2 large eggs	117 g	4.1 oz
1 cup diced, lean good quality ham	180 g	6.3 oz
½ cup chives, chopped	33 g	1.2 oz
¾ cup low fat, grated cheddar cheese	70 g	2.5 oz
1¾ cup baby spinach, roughly chopped	65 g	2.3 oz
Olive oil spray for muffin cases		
Extra ⅓ cup grated, low-fat cheddar cheese	<b>32 g</b>	1.1 oz
½ tsp smoked paprika	2.5 g	0.09 oz

## Method

1. Preheat oven to 160°C/320°F (180°C/356°F if not fan-forced) and on a lower shelf of the oven, half fill a baking tray with boiling water.
  2. Sift flour, baking powder and xanthan gum into a large bowl then stir through bran.
  3. In a separate bowl, whisk eggs with the cream and milk. Stir in ham, chives, spinach and cheese.
  4. Make a well in the flour mix and fold wet mix into the dry ingredients. You may have to add more milk to achieve a dough that is slightly sloppy, but not too wet).
  5. Place large muffin cases in a muffin tray and spray well with olive oil.
  6. Fill muffin cases (see tip below) and tap down top surface with a wet finger.
  7. Sprinkle the top of each muffin with grated cheese, then paprika.
  8. Bake for about 20 to 25 minutes until golden brown (an inserted skewer should be clean when removed).
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#### Hints

- Make 12 smaller muffins for kids by using a smaller muffin tray
- Try any combination of low FODMAP veggies and herbs you like - roasted eggplant, pumpkin, parsley, basil, the list goes on...

Nutrition Information (per serve)	
<b>Energy</b>	1322 Kj / 316 cal
<b>Protein</b>	16.80g
<b>Carbohydrates</b>	35.70g
<b>Sugar</b>	1.90g
<b>Total Fat</b>	11.90g
<b>Saturated Fat</b>	6.30g
<b>Fibre</b>	2.60g