

Mexican bean muffins

30g quinoa (uncooked weight),
rinsed

1 tbsp coconut oil to grease tin

3 eggs

2 egg whites

60g carrot, grated

½ tsp paprika

a small pinch of cayenne pepper

½ tsp ground cumin

1 tsp garlic granules

a pinch of sea salt and ground black
pepper

120g ripe tomato, finely chopped

a small handful of fresh coriander,
finely chopped

1 ripe avocado, chopped

160g tinned kidney beans, rinsed
and drained

MAKES 10 MUFFINS

Bring a small saucepan of water to the
boil. Add the quinoa, stir and cook
according to packet instructions. Drain
well.

Preheat oven to 180°C/350°F. Grease 10
compartments of a muffin tin with
coconut oil or prepare a silicon muffin tin.

Break the eggs and whites into a large jug
and beat with a fork. Add the carrot and
dried spices and stir well. Add the tomato
and coriander and stir gently.

Place the avocado pieces and kidney beans
in the muffin compartments. Pour the egg
mixture over the top, ensuring that the
kidney beans are covered. This will prevent
them from drying out during baking.

Bake for 15-20 minutes or until firm to the
touch. Allow to cool for 10 minutes then
remove from the tin. Serve.

*Store any leftovers in an airtight container
and refrigerate for up to 2 days or freeze on
same day.*



PER MUFFIN:

89 Calories

6g Carbs

5g Protein

5g Fat

