

# SPINACH & CHEESE MINI MUFFINS

Recipe adapted from The Hummingbird Bakery Cookbook

## INGREDIENTS:

- 2 T butter
- 1/2 small red onion, finely chopped
- 2 3/4 cups all-purpose flour
- 2 1/2 t baking powder
- a big pinch of kosher salt
- 1 t cayenne pepper
- 2 cups grated cheddar cheese
- 1 cup milk
- 1 egg
- 4 oz. baby spinach, roughly chopped

## DIRECTIONS:

1. Preheat oven to 325°F. Line your mini muffin pans with liners\*.
2. Meanwhile melt butter in a skillet over medium heat and fry the onion until cooked. Set aside.
3. In a large bowl stir together flour, baking powder, salt, cayenne, and cheese. In a separate bowl, whisk the milk and egg together. Slowly pour into the flour mixture and beat with your hand mixer until too thick to mix.
4. Stir in the onion and spinach with a wooden spoon until evenly dispersed. (It will be hard to stir because this batter is much more like biscuit dough, but just do the best you can.)
5. Spoon batter into prepared muffin tins. This batter is stiff, so feel free to do what I did: scoop batter with a spoon or a cookie scoop, roll into a ball (cookie dough-style), place in prepared paper-lined muffin cups. Bake for about 10 minutes (30-35 minutes for regular-sized ones), or until a toothpick inserted in the center comes out clean. Place the muffins on a wire rack to cool.

\*Makes about 18 regular-sized and about 4 1/2 dozen minis.