

Cottage Cheese Muffins - Au Natural

- 1 container (500 g) 2% cottage cheese—an additional 1/4 of a container (about 600g) for larger muffins
- 2 eggs
- 1 cup flour
- 3 T sugar
- 1/2 c coconut oil or butter
- 2 t baking powder
- zest of 2 lemons
- 1/4 t grated nutmeg
- 1/2 t vanilla extract, or fresh vanilla
- 1/4 c pine nuts
- pinch of salt

Preheat oven to 400F. Lightly oil a 12 cup silicone muffin tray with coconut or olive oil. In a large bowl, mix all ingredients. Fill the tray with the batter. Bake for 20-25 minutes until it begins to bronze. Allow the muffins to cool to just warm before running a knife around the edges and removing them from the muffin tray. Serve with Greek yogurt and a dollop of [Blackcurrant Jam](#). Delicious served warm.

Savoury Cottage Cheese Muffins

- 1 container (500 g) 2% cottage cheese—an additional 1/4 of a container (about 600g) for larger muffins
- 2 eggs
- 1 cup flour
- 3 T sugar
- 1/2 c butter
- 2 t baking powder
- zest of 1 1/2 lemons
- 1/4 c pine nuts
- 1 t rosemary, thyme and/or sage
- 1/4 c grated parmesan
- 1/4 c chopped sun-dried tomatoes or olives
- pinch of salt

Preheat oven to 400F. Lightly oil a 12 cup silicone muffin tray with olive oil. In a large bowl, mix all ingredients. Fill the tray with the batter. Bake for 20-25 minutes until it begins to bronze. Allow the muffins to cool to just

warm before running a knife around the edges and removing them from the muffin tray.

To make these muffins lighter you can substitute 1/4 cup of plain yogurt for 1/4 cup of oil or butter.

Jittery Cook