

Quinoa Cupcakes



Ingredients

1 cup cooked quinoa
2 eggs
4 egg whites
½ cup mushrooms – chopped
½ cup zucchini – chopped
½ broccoli – chopped
1 tsp garlic
½ tsp chili
½ cup crumbled feta
6 thin slices of sweet potato
Salt and pepper to taste

Instructions

*Preheat oven 160 degrees Celsius
Lightly spray muffin tin with some coconut oil to grease.*

Mix all ingredients together except the sweet potato. Pour mixture into muffins then place a thin slice of sweet potato on top. Bake for 30 minutes or until cooked.