

30 minutes

Makes 24

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Ingredients:

- 2 cups (500ml) broccoli florets, roughly chopped
- 1 cup (250ml) cheddar cheese, grated
- 2 eggs, whisked
- 2 Tbsp (30ml) each flour and milk
- Salt and milled pepper

Method:

1. Preheat oven to 180°C.
2. Grease a mini muffin tin with non-stick spray.
3. Combine all ingredients and mix well. Season.
4. Spoon into tin and bake for 10-15 minutes.
5. Cool in tin completely.
6. Store in an airtight container in the fridge until needed.

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