

Lazy Spanakopita Muffins

Ingredients

2	t	olive oil
10	oz	baby spinach, rough chopped
4		green onion, diced
2		eggs, lightly beaten
¼	C	olive oil or melted butter
1	C	buttermilk or milk
1	C	flour
1	t	baking powder
1	t	salt
	Pinch	nutmeg, ground
2	T	dill, chopped
4	oz	feta cheese, crumbled
4	oz	shredded mozzarella cheese
2	T	grated parmesan cheese

Directions

1. Preheat oven to 350° F. Spray a 12-slot muffin tray with oil
2. In a large skillet, heat the olive oil on medium. Sauté your scallions for 1 minute and sauté your spinach until just wilted, stirring constantly (about 1 minute). Transfer to a plate lined with paper towels, cool for 10 minutes then gently squeeze out the liquids.
3. In a large bowl, add in your eggs, olive oil, buttermilk, and whisk together until combined. Next, add in the flour, backing powder, salt, nutmeg and gently fold the dry ingredients into the wet mixture, stirring until *just* combined. Do not overbeat.
4. Lastly, fold in the spinach mixture, dill, feta and mozzarella. Using a large scooper, transfer the mixture to the muffin tray. Sprinkle tops with grated parmesan.
5. Bake for 23-25 minutes or until toothpick comes out clean. Let them sit in the pan and then transfer muffins to wire rack.

Tips

- **Don't Overmix:** When adding the dry ingredients to the wet, stir only until combined to keep the texture light and fluffy.
- **The Squeeze:** Squeezing the spinach is the most critical step; any leftover water will ruin the muffin's structure.
- **Storage:** These can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.