

Roasted pepper and goat's cheese muffins

These muffins are perfect to make in advance and take on a picnic. To keep them cool transport them in a cool bag or box.

The muffins contain a mixture of vegetables which are low in FODMAPS and then bound together with a cheesy, egg mixture, rather like a frittata. They do not contain flour.

The combination of vegetables can be altered to suit you.

It is quite good to include vegetables that are suitable for roasting such as parsnips and peppers and then mix them with shredded leaf vegetables such as kale or spinach. You just need enough vegetables to cover two baking trays and this will give you enough to fill the muffin tins.



Ingredients

Serves 6 makes 12

- 420g /15oz sweet potato
- 1 red pepper
- 1 courgette
- 1 parsnip
- 1-2tbsp olive oil
- 75g/3oz goat's cheese cut into small pieces
- 8 free-range eggs
- basil leaves
- sea salt and black pepper

Method

Preheat the oven to 175°C/350°F/ gas 4.

Wash and peel all the vegetables and cut them into 1cm/½ inch cubes. Place the vegetables on a baking tray and drizzle with oil. Sprinkle the vegetables with salt and pepper and toss well to ensure the vegetables are coated with a film of oil. Roast the vegetables in the oven for about 15-20 minutes or until tender.

Meanwhile whisk the eggs and season with salt and pepper and set on one side.

Either line the muffin tins with shop bought muffin cases or you can make your own. Cut twelve 12 cm/5in squares of non-stick baking paper and scrunch them up slightly so they fit into the indentations in the muffin tin.

Divide the roasted roots and pieces of goat's cheese between the muffin cases.

Pour the egg mixture over the vegetables and bake in the oven for 15 minutes or until the egg mixture is just set and the tops are golden brown.

Garnish the muffins with a few torn basil leaves and serve.