

Sweet potato muffins with spinach & olives

Total time **90 mins** **30 mins** preparation time **60 mins** cooking time

INGREDIENTS

10 portion(s)

For the muffins:

800 g	raw millet
500 g	sweet potatoes, diced
300 g	onion, finely chopped
50 ml	rapeseed oil
200 g	spinach
20 g	garlic, chopped
200 g	ground linseeds
200 g	cornflour
20 ml	<u>Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce</u>
100 g	pumpkin seeds (keep a few to garnish the muffins)
200 g	black olives, pitted and sliced
4 g	chilli powder
6 g	ground black pepper
Additional:	Rapeseed oil (for greasing the muffin tins)

PREPARATION

Step 1

Rinse the millet and cook according to the packet instructions (millet to water ratio 1:3) for about 20 minutes.

Step 2

Boil the sweet potatoes for about 20–25 minutes until soft.

Step 3

Fry the onion in the rapeseed oil for 5 minutes until soft. Add the spinach and chopped garlic and cook for a further 5 minutes over a medium heat. Set aside.

Step 4

Combine the cooled sweet potatoes and cooked millet in a mixing bowl. Add the linseeds, cornflour and Kikkoman Gluten free Soy Sauce. Blend thoroughly until smooth.

Step 5

Add the pumpkin seeds to the dough. Add the olives to the dough along with the fried spinach and onion from step 3. Season with the chilli powder and pepper and mix thoroughly.

Step 6

Grease a muffin tin and divide the dough evenly among the tins. Sprinkle with the set-aside pumpkin seeds and bake at 180 °C for about 40

minutes.

Step 7

Remove the muffins from the tin and serve on plates (two per portion).