

Salmon Dill Muffins

Prep 15M | Bake 25M | Enjoy in 40M

We know they sound...unique, but trust us when we say these protein-packed savoury muffins are worth a try. Make them ahead of time and freeze them for up to three months and you'll always have an easy lunch or snack on hand.

INGREDIENTS

- 2 tbsp olive oil
 - 1½ cups finely chopped celery
 - 1 cup finely chopped onion
 - 1½ cups soft breadcrumbs
 - 2 large eggs, lightly beaten
 - ¼ cup 1% milk
 - ⅛ tsp salt
 - ½ tsp freshly ground pepper
 - 2 cans (170 g) salmon, drained and flaked
 - ¼ cup chopped fresh dill
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DIRECTIONS

1. Preheat oven to 350°F.
 2. Heat oil in a small frying pan over medium heat. Add celery and onion and cook until softened, about 4-5 minutes. Remove from heat and set aside.
 3. In a large bowl, combine breadcrumbs, eggs, milk, salt and pepper. Add vegetable mixture and stir to combine.
 4. Add salmon and dill and stir to combine.
 5. Fill greased muffin tin with mixture. There will be enough for 7 muffins.
 6. Bake until lightly browned and set, about 25-30 minutes.
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NUTRITIONAL FACTS

Serves 7 (1 muffin per serving)

Nutritional analysis per serving: 165 calories, 9 g fat, 13 g protein, 8 g carbohydrate (7 g available carbohydrate), 1 g fibre, 363 mg sodium