

Florentine Muffins

Recipe By *Brynie Greisman*



Cooking and Prep:  35
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Serves:  15

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Shavuot

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

I know I may be a minority, but I love spinach! Perhaps it's genetic, because my mother does too. Spinach lends itself to endless possibilities — quiches, soups, kugels, and more, and it's loaded with vitamins and minerals. Here it stars in a muffin that's savory and filling, and needs just a crisp salad to round out a light meal. Freezes well, too.

Ingredients (12)

Main ingredients

- 2 – 2 and 1/2 cups flour (I used whole wheat pastry flour)
- 1 tablespoon **Haddar Baking Powder**
- 1 and 1/4 teaspoons salt, or to taste
- 3 large eggs
- 1/3 cup oil

- 1/3 cup Gefen Light Mayonnaise
 - 1 cup milk
 - 10–12 ounces (320 grams or 1 and 1/3 cups) frozen chopped spinach, thawed and well drained
 - 3 full tablespoons pesto
 - 3/4 cup shredded mozzarella cheese, plus more for topping
 - pinch nutmeg
 - drop of mustard (*optional*)
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Start Cooking

Make the Muffins

Yield: 15 large muffins

1. Preheat the oven to 375 degrees Fahrenheit (190 degrees Celsius). Line muffin tins with cupcake holders and spray with cooking spray.
2. In a bowl, stir together flour, baking powder, and salt. In another bowl, whisk together eggs, oil, mayo, and milk. Stir in the spinach until well blended.
3. Make a well in the center of the dry ingredients and add the spinach mixture, stirring just until evenly moistened. The batter will be slightly lumpy.
4. Using a large rubber spatula, fold in the pesto, cheese, nutmeg, and mustard just until evenly distributed. Do not overmix.
5. Spoon the batter into each muffin cup, filling it level with the rim of the cup. Bake until golden, dry, and springy to the touch, about 25 minutes. Sprinkle more cheese on top of muffins five minutes before removing from oven.
6. Cool in pan for five minutes, and then remove. Serve warm or at room temperature.

Note:

If you don't have pesto, use the following instead: one clove garlic, crushed; a generous handful of fresh parsley and basil; and an extra tablespoon of oil. Also, if you prefer a solid muffin, use two and a half cups of flour. If you prefer one with a lighter texture, use just two cups.

Tip:

If freezing these muffins, leave the last step of adding grated cheese for when you reheat them.