

Spaghetti Bolognese Muffins



INGREDIENTS

- 1 cup of your bolognese sauce
(Note: if you use a bottled sauce I will teach you in the e-course how to read the label to check for additives & preservatives)
- 1 cup of spaghetti noodles – use your kitchen scissors to cut the strips roughly into smaller pieces
- 1 cup grated tasty cheese
- 1 egg beaten
- 1 tablespoon chia seed (optional)

I love making a big batch of spaghetti bolognese sauce. It's so versatile. You can make so many dishes from it. You'll fast learn in the 5 Minute Healthy Lunchbox System eCourse, that's the way I roll. One lot of ingredients which you can use multiple ways. Anyway, these muffins are a great way to use up left over spaghetti bol from dinner.

Pop these in the oven after you've finished dinner. Then put them in the fridge and pull them out the next day for the lunchbox. Too easy!

METHOD

1. Pre-heat oven 180 degrees and grease a muffin tray.
2. Combine all ingredients in a bowl.
3. Use an ice cream scoop to scoop out the muffin mix – I put mine in paper cases but you could easily just put them in your muffin tray.
4. Bake for 20-25 minutes. They should be firm to touch.

TIPS

- This makes about 12. Our kids love these and actually eat them for breakfast too.
- Could be frozen but I usually make them on the Sunday then pop them in either Monday or Tuesday's lunchbox so they are still fresh.

ANOTHER 2 WAYS TO USE THIS RECIPE

- Throw some baby spinach into the mixture. If your children aren't into seeing big bits of green, just shred the spinach.
- Layer the muffin tray holes with bacon first, and then spoon mixture onto top.