



## Try Our Broccoli Cheese & Rice Muffins!

### **Ingredients:**

- 1 cup 4Sisters brown rice, cooked
- 4 large eggs, beaten
- 3 cups broccoli florets, chopped
- 1/2 cup yellow onion, chopped
- 3/4 cup cheddar, shredded
- 3/4 cups cottage cheese
- 1tsp. sea salt
- 2tbsp. unsalted butter
- 1/4tsp. garlic powder

### **Directions:**

1. Beat eggs in large mixing bowl. Stir in cooked brown rice, cottage cheese, cheddar cheese, garlic powder, onion, salt & pepper, to taste. Gently mix the broccoli into the chesy rice mixture.
2. Using a greased or paper-lined, 12-cup muffin tin, spoon the broccoli rice mixture evenly into each cup.
3. Bake at 350 degrees for about 25 minutes or until firm to touch in the center.
4. These can be frozen after baking

**Makes 12 muffins**



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