

Veggie Muffins



Classification:
Everyday

Serves:
12

Prep. Time:
15 min

Cooking Time:
25 min

Ingredients:

- 2 cups wholemeal self-raising flour
- 1 cup zucchini, grated (squeezed of excess liquid)
- 1 cup carrot, grated
- ½ cup corn kernels
- ½ cup grated cheese
- 2 spring onions, finely chopped
- 2 eggs
- ¾ cup milk
- ¼ cup olive oil
- 1 tbsp chopped herbs
- Pepper to taste

Method:

1. Preheat oven to 180°C (fan-forced). Line a 12-hole muffin tin with paper cases.
2. In a large bowl, combine flour, grated vegetables, corn, cheese and spring onion.
3. In a separate bowl, whisk together eggs, milk, oil and herbs
4. Pour wet ingredients into the dry mixture. Gently fold until just combined (don't overmix).
5. Spoon the mixture evenly into the muffin tin.
6. Bake for 20–25 minutes, or until golden and firm to touch
7. Cool on a wire rack.

Equipment:

- Measuring cups and spoons
- Grater
- Mixing bowls
- Oven
- 12-hole Muffin tin
- Paper muffin cases
- Whisk
- Mixing spoon
- Wire rack

Tips and Variations:

- Try fresh herbs such as parsley, chives or basil.
- Try additional fillings such as baby spinach, diced capsicum, lentils or chickpeas.
- For extra flavour, sprinkle with parmesan cheese before baking.
- Choose reduced-fat varieties of cheese and milk.
- Add seeds such as pumpkin or pepitas.