Healthy Lunch Box recipe

Zucchini muffins.

Ingredients

2 zucchinis, grated & liquid
squeezed out
1 carrot, grated
125g tin corn kernels, drained
1 small red onion, finely diced
1 cup baby spinach leaves, chopped
1 cup wholemeal self-raising flour
6 eggs, beaten
1 cup reduced-fat tasty cheese,
grated

Method

Preheat oven to 180°C. Line a 12-hole muffin tin
with muffin liners.

Heat a non-stick frypan over medium heat and cook
the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and
mix until well combined.

Divide the mixture between the 12 muffin liners.
Bake for 25 to 30 minutes or until muffins are
golden and a skewer comes out clean.

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Cancer Council
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