

Vegetable Savoury Muffins (between 2)

Prep Time 15 minutes Cook Time 20 minutes Servings 4 Muffins

Ingredients

80gms Grated Zucchini
80gms of Grated Carrot
2 Tabs of Frozen Peas and Corn
1/3 cup Cheddar Cheese (grated)
2 Tabs of Milk
2 Tabs of Greek Yoghurt
1 Tab of Olive Oil
1 Egg or egg replacement
2/3 cup of plain flour or wholemeal flour
1 TSp baking powder
Punch of salt



Instructions

1. Preheat oven to 180C
2. Place the zucchini and carrot onto a clean dish towel and wrap it around the vegetables. (see image above) Squeeze all the juice out.
3. Place the zucchini and carrots into a large mixing bowl along with the peas and sweetcorn. Add the cheese, milk, yoghurt, olive oil and egg and stir until combined.
4. Mix the flour and baking powder together and then slowly add to the wet ingredients. Fold in gently, until just combined.
5. Spray muffin tray with oil or grease with butter or use patty tin liners. Spoon the mixture, equally, between the 4 muffin sections.
6. Bake for 20-25 mins.

Notes

1. Don't be tempted to over stir the mixture. The mixture should be lumpy, thick and looking very messy. It should only take around 10 strokes with your wooden spoon.