

Veggie Muffins



25 MINS



12 SERVES



FREEZER FRIENDLY

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

DIRECTIONS

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

LUNCHBOX TIP

Slice and freeze in individual portions ready to be added straight to the lunchbox!



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