

CHEESY SPRING VEGGIE MUFFIN

INGREDIENTS

- 1 medium (120g) Carrot, grated
- 1/4 cup (30g) Frozen Peas or you can use finely chopped asparagus
- 1/4 cup (30g) fresh corn kernels or frozen
- 1 cup (125g) Tasty or mozzarella cheese, grated
- 1/2 cup Milk
- 1/4 cup yoghurt
- 1/4 cup Extra Virgin Olive Oil
- 1 medium (250g) Zucchini, grated
- 2 Eggs (70g)
- 2 cups (250g) Plain Wholemeal Flour or spelt flour (can use GF flour)
- 3 tsp Baking Powder
- 1 pinch salt

DIRECTIONS

Preheat oven to 180C. Grate carrot and zucchini, squeeze to remove the juice. You want the vegetables as dry as possible.

Place the grated zucchini and carrots into a bowl along with the peas (or asparagus) and corn kernels. Add the cheese, milk, yogurt, olive oil, egg, and salt and stir until combined.

Mix the flour and baking powder together and then slowly add to the wet ingredients. Fold in gently (Don't over mix), until just combined.

Spray muffin tray with oil or brush with butter. Spoon the mixture, equally, between the muffin sections. Yield 12, Bake for 20-25 mins. You can swap around veggies and add in herbs too.