

vege packed muffins

makes 12 muffins

ingredients:

1 C corn kernels, drained
1 C zucchini, grated
1 C medium sized carrot, grated
¾ C sundried tomatoes, chopped
¾ C parmesan cheese, grated
salt and pepper, to taste
½ teaspoon ground cumin
1 ½ C wholemeal spelt flour
1 tsp baking powder
3 eggs
¼ cup olive oil*
1 C nut mylk
pumpkin seeds, to sprinkle on top

*Item not available online but is available in your local GoodFor store.

method:

Pre heat the oven to 180 degrees C. Grease a 12 pan muffin tin and set aside.

Drain canned corn. Grate zucchini, then dry both the corn and zucchini in a tea towel by squeezing some of the excess moisture out. We've found this way to be the least amount of mess!

In a large mixing bowl, combine zucchini, corn, carrot, sundried tomatoes, parmesan cheese, salt, pepper and cumin. Sieve the flour and baking powder and add to this bowl.

In a separate bowl, lightly beat the eggs and combine with the olive oil and milk. Pour the wet mixture into the dry and gently fold the mixture together until just combined. Do not overmix to avoid the muffins being tough.

Spoon mixture into the muffin tin. Sprinkle with pumpkin seeds over the top and more parmesan cheese if desired.

Bake for 25 minutes or until the skewer inserted into the muffin comes out clean.

Remove from the muffin tin and cool on a wire rack.

