



## **VEGEMITE & VEGGIE SAVOURY MUFFINS**

**Recipe makes 9 large muffins or 12 regular muffins.**

### **Ingredients**

- 1 medium (210g) Zucchini, grated
- 1 medium (110g) Carrot, grated
- ½ cup (60g) Frozen Peas or Frozen Corn (or a mix)
- 1 ⅓ cup (125g) Cheddar Cheese, grated
- ½ Cup (125ml) Milk
- ¼ cup (60g) Plain Greek Yoghurt
- ¼ cup (60ml) Olive Oil
- 2 Eggs
- 2 cups (250g) Self Raising Flour
- 1 tsp Vegemite (can add up to 1 tbsp if you like)

### **Method**

Preheat oven to 180C (Fan) / 350F.

Spray a 12 hole muffin tray with oil or grease with butter.

Grate zucchini and carrot. Squeeze all the juice out.

Place the zucchini and carrots into a large mixing bowl along with the peas and/or corn.

Add the cheese, milk, yogurt, olive oil, and egg. Stir until combined.

Add the flour to the wet ingredients and fold gently, until just combined.

Spoon the mixture, equally, between the muffin sections. Bake for 20-25 mins.