

Sara B.

Vegetable Muffins

Ingredients

3 cups mixed vegetables
eg grated zucchini or carrot; corn, finely shredded spinach, spring onions, chopped
fresh herbs, celery, tomato...

2 cups self raising flour
1 ½ cups grated tasty cheese
½ cup milk
60gm melted butter, then cooled
a few sunflower or pumpkin seeds

Method

Mix the sifted flour with the vegetables and cheese.

Whisk together the milk eggs and butter. Incorporate into the vegetable mixture.
Be careful not to overmix.

Spoon into prepared muffin tin.

Sprinkle the tops of the muffins with a few seeds.

Bake 25-30 minutes or until cooked through.

