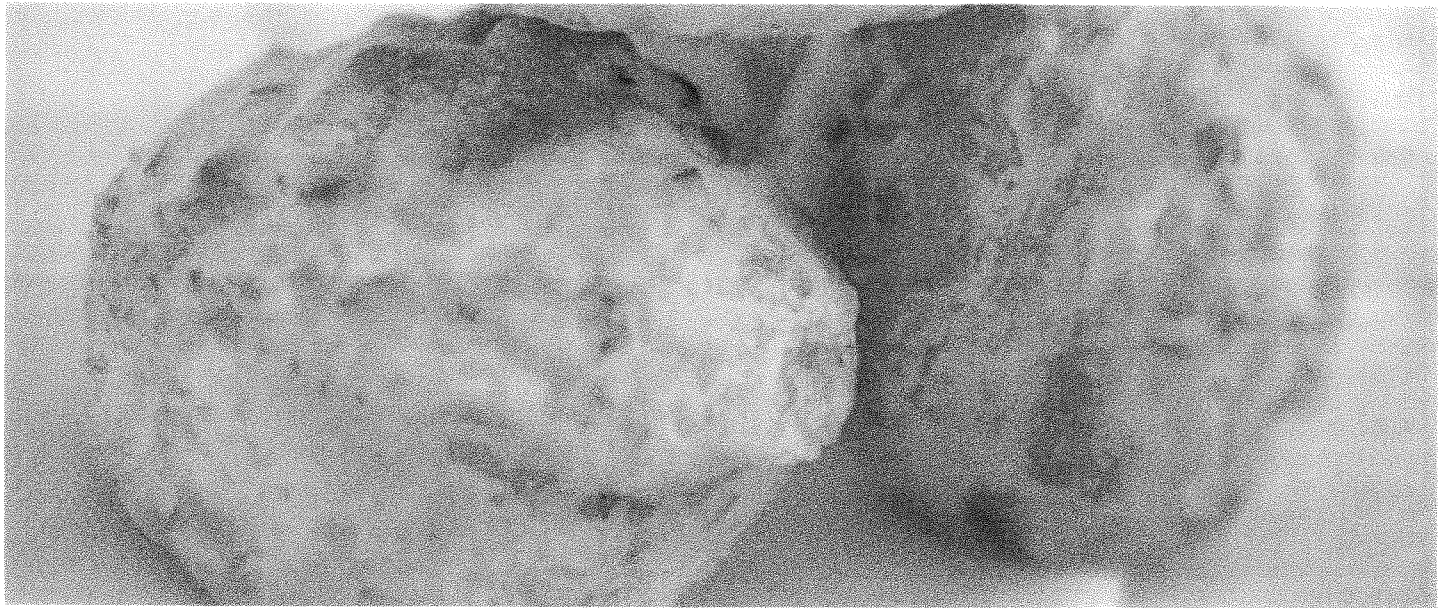




⇒ Menu ▾



## Zucchini and Corn mini muffins

A great savoury muffin packed with a wide range of healthy vegetables – vary the vegetables depending on the season, and add spices for a different flavour. This snack is ideal for morning or afternoon tea.

## Ingredients

Makes 20 mini muffins	
Flour, self-raising	80g ( ½ C)
Flour, wholemeal, self-raising	40g ( ¼ C)
Zucchini, grated	60g ( ½ C)
Egg, beaten	60g (1 egg)
Onion, grated	40g ( ½ medium)
Sweet corn, frozen	30g ( ¼ C)
Cheese, cheddar, grated	60g ( ½ C)
Oil, olive	30ml (1 ½ T)
Milk, Hilo	125ml ( ½ C)
Thyme, dried	3-4g (1-2 t)

## Method

1. Preheat oven to 180°C.
2. Grease and line loaf tin with baking paper, or spray mini muffin tin (or can use paper cases).
3. Combine flours, zucchini, corn, onion, thyme and cheese in a large bowl.
4. Combine milk, oil, beaten egg in a medium jug.
5. Pour into flour mixture. Stir gently until just combined, do not over mix.
6. Divide mixture among mini muffin tray.
7. Place in oven for 10-12 minutes and allow to stand for a further 5 minutes.
8. Turn on to wire tray to cool.

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## Cooking Time

30 minutes

Serves:

10 children

## Allergen Information

Contains: gluten, wheat, egg, cow's milk protein

## Food Groups

Fruit	0%
Vege	100%
Meat/Alt <sup>*</sup>	10%
Cereals	20%
Dairy	30%
Fat	30%

\* meat = lean meats, poultry and fish.

meat alternatives = eggs, tofu, nuts,

seeds, legumes and beans