



CHEESY VEGETABLE MUFFINS

Season:	all year round
From the garden:	courgette, capsicum, carrot, onions, corn, spinach, cavolo nero, herbs... anything seasonal that can be chopped finely/grated!
Type:	lunchbox
Difficulty:	easy
Serves:	12 medium muffins or 30 + mini-muffins
Source:	Julie Goodwin on juliegoodwin.com.au

Equipment

- Chopping boards
- Chopping knives
- Grater
- Measuring cups
- Mixing bowl
- Muffin trays
- Paper towels

Ingredients

- 3 cups vegetables
- 2 cups self-raising flour
- 1 1/3 cups tasty cheese
- 1/2 cup milk
- 3 eggs
- 60g butter
- Extra butter/oil for greasing

Method

1. Preheat oven to 180C on 'bake'. Grease muffin pan with oil or butter on a paper towel.
2. Melt butter on stove or microwave and leave aside to cool.
3. Wash then chop or grate vegetables into small pieces.
4. If using courgette or carrot, put grated veges into a clean tea towel and squeeze as much liquid as you can into the sink. Measure vegetables to make 3 cups.
5. Grate cheese
6. Put flour in a large mixing bowl, stir in grated vegetables and cheese.
7. Whisk milk and eggs together. Add the cooled melted butter.

8. Pour milk/egg/butter mix into the flour mixture. Stir just until the flour is no longer dry. DO NOT MIX MORE THAN THIS.
9. Divide mixture equally into the muffin tin. Bake 15 mins until golden brown.
10. Leave to cool slightly in the tins, then carefully remove. Cool completely on a wire rack.

Notes:

- *You can make these muffins any time of year with your favourite vegetables from the garden!*
- *These muffins are great for lunch. You can even freeze them in a ziplock bag and take one out each day for your lunchbox. It will be defrosted and ready to eat by lunchtime!*