

Vegetable muffins with cheese

INGREDIENTS

(you can use any seasonal vegetables)

½ zucchini

1 carrot

1 ½ cups flour

3 tsp baking powder

1 cup grated cheese

2 eggs

1/3 cup olive oil

½ cup milk

METHOD

Pre heat oven to 180C.

Thoroughly grease muffin tray.

Wash vegetables, then grate, using large holes on grater.

Grate cheese.

Sift flour and baking powder into large mixing bowl.

Beat eggs in small bowl, mix in milk and oil.

Add to flour mixture.

Add vegetables, combine.

Spoon mixture evenly into muffin tray.

Bake on middle shelf of oven for approximately 20 minutes.