

# VEGETABLE AND RICE MUFFINS

## INGREDIENTS

2 cups cooked brown rice

1 carrot grated

1 cup seasonal veg (e.g. carrot, beetroot, chard, zucchini or potato), finely sliced or grated

Seasonal herbs

2 spring onions or 1 brown onion, finely sliced

1 cup grated cheese

4 eggs

$\frac{3}{4}$  cup wholemeal SR flour

$\frac{1}{2}$  cup milk

Pinch salt and pepper

## METHOD

1. Preheat oven to 160c
2. Spray muffin tray with cooking spray.
3. Wash and grate vegetables.
4. Finely slice spring onions or 1 brown onion.
5. Grate cheese.
6. Finely chopped seasonal herbs.
7. Whisk eggs in a medium bowl, add milk, combine.
8. In a large mixing bowl, combine the prepared vegetables, rice, cheese and flour.
9. Add egg mixture, combine.
10. Spoon into muffin tray. Bake for approx 20 mins. Allow to cool and serve.