

Savoury muffins



Image: Heart Foundation

Cooking Time

20 minutes (preparation time 15 minutes)

Serves

4

Ingredients

Spray olive oil

1 medium zucchini grated

1 medium carrot grated

¼ cup frozen peas

¼ cup frozen corn

1 red capsicum finely chopped

1 tablespoon parsley finely chopped

1 tablespoon chives finely chopped

½ cup reduced fat cheddar cheese, grated

½ cup reduced fat milk

¼ cup reduced fat Greek yoghurt

2 tablespoons olive oil

2 eggs

2 cups wholemeal plain flour

3 teaspoons baking powder

Method

1. Preheat oven to 180°C. Spray 8 large muffin hole tray with olive oil and set aside.
2. Place the grated zucchini and carrot into either a sieve or a clean tea towel and squeeze out the juice.
3. Place the zucchini, carrot, peas, corn, capsicum, parsley, chives, cheese, milk, yoghurt and egg in a large mixing bowl and stir until combined.
4. Add flour and baking powder to wet ingredients and fold in gently until just combined.
5. Spoon the mixture evenly between 8 muffin holes. Bake for 20-25 minutes or until golden and mixture is set.
6. Once defrosted, muffins can be enjoyed cold or warmed in the oven.

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