

Speedy Cheese and vegetable Muffins

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Method

1. Combine flour, paprika, cheese, pumpkin and zucchini in a bowl
2. Add eggs and butter/margarine
3. Add milk slowly. The mixture should be moist but avoid a runny consistency. Stir until just combined
4. Spoon into greased 1/3 cup capacity muffin tins
5. Bake at 200°C for 25 minutes or until a skewer inserted into the centre comes out clean

Ingredients

Makes 12 Muffins

- 2 cups self-raising flour
- 1 tsp sweet paprika
- 1 cup grated reduced fat Australian Swiss-style cheese
- 1 cup each of grated or mashed pumpkin and zucchini
- 2 eggs, lightly beaten
- 30g butter/margarine, melted
- ½-1 cup reduced-fat milk

Alternative: Add in 200 grams of ham or cooked chicken and your recipe will also include 1/3 of a meat or alternate serve in one little package!

AGHE Food Group

Cereals: ½
Vegetables: 1/3
Dairy: 1/3

Fast Fact

This recipe is a great way to serve lots of vegetables without the kids realizing it!

Try using soy milk for children needing LF diets

Involving the Children

Get the children to combine all the ingredients together