

Zucchini and carrot muffin

Food Foundations • another NAQ Nutrition program

Ingredients – serves 40

- 3 zucchinis, grated
- 3 carrots, grated
- 3 green onions, finely chopped
- 1 ½ cups cheese, grated
- 4 cups self raising flour
- 2 cups wholemeal self raising flour
- 9 eggs
- ¾ cup olive oil
- 3 cups plain yoghurt



Method:

1. Preheat oven to 190°C. Grease muffin pans (1/3 cup capacity).
2. Combine zucchini, carrot, green onion, cheese and flours.
3. In a separate bowl, whisk eggs, oil and yoghurt together. Add to zucchini mixture. Mix to combine.
4. Divide mixture evenly among 40 holes of prepared pan.
5. Bake for 15-20 minutes or until just firm to touch.
6. Cool on wire rack.

Food Group	Serves provided per portion
Vegetables and legumes	0.25
Grains (cereal) foods	0.5