



Veggie & Cheese Muffins

Serves: Approx. 12 muffins

Ingredients:

- 1 cup wholemeal self-raising flour
- 1 cup white self-raising flour
- 1 cup grated zucchini
(squeeze out excess water)
- ½ cup grated carrot
- ½ cup corn kernels (fresh or frozen)
- ¾ cup reduced-fat grated cheese
- 2 eggs
- ¾ cup milk (or plant-based milk)
- ¼ cup olive oil
- Optional: finely chopped spinach, capsicum, or ham



Method:

1. Preheat oven to 180°C (350°F) and line or grease a muffin tray.
2. In a large bowl, mix the flours and grated veggies.
3. Add cheese and any extras you like (ham, spinach, etc.).
4. In a separate bowl, whisk together eggs, milk, and oil.
5. Pour the wet mix into the dry and stir until just combined.
6. Spoon into muffin tray and bake for 20–25 minutes or until golden and firm.
7. Cool before packing into a lunchbox.