

Savoury muffin



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Serves: 12

Preparation time: 15 minutes

Cook time: 20-25 minutes

Ingredients

- 1 cup self-raising flour, sifted
- 1 cup wholemeal self-raising flour, sifted, add husks back into flour mix
- 1 cup grated zucchini
- 1 cup grated carrot
- ½ cup red capsicum, finely chopped
- ½ cup corn kernels
- 1 cup grated tasty cheese
- 2 eggs, lightly beaten
- 125 g margarine, melted
- ½ cup reduced fat milk
- 2 tbsp sesame seeds
- 2 tbsp pepitas

Method

1. Preheat oven to 190°C (170°C fan forced).
2. Combine both flours and cheese in a large bowl.
3. Place zucchini and carrot in a strainer, squeeze out excess liquid.
4. Add zucchini, carrot, capsicum and corn to flour and cheese mixture. Combine well.
5. In a small bowl combine eggs, margarine and milk. Pour into vegetable mixture and stir through until just combined.
6. Grease a 12-hole muffin tray with cooking oil spray or margarine, alternatively line the holes with muffin cases. Spoon the mixture evenly into the holes.
7. Sprinkle with sesame seeds and pepitas.
8. Bake for 20-25 minutes until cooked through. Remove muffins from tray and cool on a wire cooling rack.

