



Savory Muffins

GREEN

Makes approximately 18 muffins

Ingredients:

- 1 cup finely diced onions
- ½ cup diced capsicum (red and/or green)
- 2 cups finely shredded silver beet
- 1 cup finely grated zucchini (liquid squeezed out)
- 1 cup grated carrot
- ¾ cup shredded ham (loosely packed)
- ½ cup shredded lite cheese, plus extra ¼ cup for top of muffins
- 2 tbsps. finely diced fresh parsley
- Black pepper to taste
- ½ cup lite milk
- 1 cup lite Greek yoghurt
- 2 cups wholemeal S.R. flour
- 3 eggs

Method:

1. Set oven at 200 degrees C. Spray muffin tins with oil spray.
2. Remove excess liquid from zucchini (very important- if you don't, muffins will be mushy).
3. Place all vegetables in large mixing bowl with parsley, pepper, flour, ham and cheese. Mix together well.
4. In a separate bowl beat eggs, milk and yoghurt together.
5. Add liquid ingredients to veg/flour bowl and combine- don't over mix.
6. Evenly divide mixture into muffin trays and top with a small amount of the extra cheese.
7. Bake for 20-30 minutes at 200 degrees C.

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