

Cheese and vegetable muffins

Food Foundations • another NAQ Nutrition program

Ingredients - Serves 20 portions

- 2 cups self-raising flour
- 1 teaspoon sweet paprika
- 1 cup grated tasty cheese
- 1 cup grated or mashed pumpkin
- 2 tablespoons finely chopped spring onion
- 1 cup grated zucchini
- 2 eggs lightly beaten
- 30 grams margarine melted
- 1/2 - 1 cups milk
- canola oil spray



Method:

1. Combine flour, paprika, cheese, pumpkin, spring onion 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 a muffin tin that has been lightly greased with canola oil spray (mixture should be divided to make 20 small muffins)
5. Bake at 200 C for 15-20 minutes or until a skewer inserted into the centre comes out clean
6. Allow to stand for about 10 mins before serving warm. Alternatively, these muffins can be refrigerated and served cool

Food Group	Serves provided per portion
Vegetables	0.25 serves
Grains (cereal) foods	0.4 serves
Milk, yoghurt and cheese	0.15 serves