

Choc, Bran & Zucchini Muffins

These cute little choccy morsels are jammed full of fibre, and sure to be a hit with the children. Nut and dairy free as well.



Serves 24 children



40 minutes

INGREDIENTS

Flour, self raising 1 $\frac{1}{4}$ C
 Bran $\frac{3}{4}$ C
 Cocoa powder $\frac{1}{4}$ C
 Sugar, brown $\frac{1}{2}$ C
 Cinnamon 1 tsp
 Egg 1 medium
 Milk $\frac{3}{4}$ C
 Oil, canola $\frac{3}{4}$ C
 Vanilla essence 1 tsp
 Zucchini, grated 1, medium

DIRECTIONS

1. Preheat oven to 180C. Grease a 24 cup mini muffin pan.
2. In a large bowl, mix together the flour, bran, cocoa, sugar and cinnamon.
3. Grate the zucchini, squeeze out any excess liquid.
4. In a separate bowl, combine the egg, milk, oil, vanilla and grated zucchini.
5. Combine the wet and dry ingredients, mix gently.
6. Divide equally between muffin cups.
7. Bake for approximately 25 minutes, or until a skewer comes out clean.

Allergy Information

Contains: egg, wheat

Childcare RDI Calculator:

Fat	<div></div>	58 %
Vegetables	<div></div>	20 %
Meat/Alt*		0 %
Cereals	<div></div>	20 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services