

Zucchini and Corn Mini Muffins

A great savoury muffin packed with a wide range of healthy vegetables – vary the vegetables depending on the season, and add spices for a different flavour. This snack is ideal for morning or afternoon tea.



Serves 10 children



30 minutes

INGREDIENTS

Makes 20 mini muffins

Flour, self-raising 80g ($\frac{1}{2}$ C)

Flour, wholemeal, self-raising 40g
($\frac{1}{4}$ C)

Zucchini, grated 60g ($\frac{1}{2}$ C)

Egg, beaten 60g (1 egg)

Onion, grated 40g ($\frac{1}{2}$ medium)

Sweet corn, frozen 30g ($\frac{1}{4}$ C)

Cheese, cheddar, grated 60g ($\frac{1}{2}$ C)

Oil, olive 30ml (1 $\frac{1}{2}$ T)

Milk, Hilo 125ml ($\frac{1}{2}$ C)

Thyme, dried 3-4g (1-2 t)

DIRECTIONS

1. Preheat oven to 180°C.
2. Grease and line loaf tin with baking paper, or spray mini muffin tin (or can use paper cases).
3. Combine flours, zucchini, corn, onion, thyme and cheese in a large bowl.
4. Combine milk, oil, beaten egg in a medium jug.
5. Pour into flour mixture. Stir gently until just combined, do not over mix.
6. Divide mixture among mini muffin tray.
7. Place in oven for 10-12 minutes and allow to stand for a further 5 minutes.
8. Turn on to wire tray to cool.

Allergy Information

Contains: gluten, wheat, egg, cow's milk protein

Childcare RDI Calculator:

Fat	<div></div>	30 %
Vegetables	<div></div>	10 %
Meat/Alt*	<div></div>	10 %
Cereals	<div></div>	20 %
Dairy	<div></div>	30 %
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