

Eat a Rainbow Recipes

RAINBOW COLOURS

Veggie Muffins

Makes 12

Ingredients:

½ cup wholemeal SR Flour
½ cup SR flour
1 teaspoon baking powder
2 eggs
1 tablespoon canola oil
½ cup low fat milk
1 small onion, diced finely
½ red capsicum, diced finely
1 small zucchini or carrot, grated
½ cup corn kernels, drained
2 tablespoons chopped chives (optional)
Pepper to taste
½ cup grated low-fat cheese

Equipment:

Chopping board and knife
Grater
Sifter
Spoon and cup measures
Mixing bowls x 2
Muffin tray
Oven

Method:

1. Pre-heat oven to 180°C.
2. Lightly grease a 12 hole medium sized muffin tray with cooking spray.
3. Sift flours and baking powder into a bowl
4. Combine eggs, oil and milk in a separate bowl.
5. Stir milk mixture through the flour mixture very gently, then add the onion, capsicum, zucchini, corn, chives and cheese until just mixed – don't over mix as they will become tough.
6. Season with pepper.
7. Spoon mixture into prepared pans, filling until three quarters full.
8. Bake in oven for 25 minutes until golden brown.