



VEGGIE MUFFINS

If your kiddo loves muffins and veggies, why not try these mouth-watering savoury muffins – perfect for the lunchbox and easy to make in batches for bigger families.



Preparation time

30-35 mins

Servings

12 muffins

Equipment

Muffin tin

Sieve

Mixing bowl

Grater

Baking paper

Ingredients

3 eggs

1 tbsp of peas

1 tbsp of sweetcorn

½ Pepper, diced

1 grated carrot

128 g of grated cheddar cheese

150 ml of milk

250g wholemeal flour

1 tsp of oil

1 ½ tsp baking powder

Instructions

1. Preheat oven to 180C / 350F and line a muffin tin.
2. Place the grated carrot in a sieve and gently push with the back of a spoon to get the juice out – we don't want the mix to be too wet!
3. Take a large mixing bowl, add the grated carrots, peas, sweetcorn, cheese, milk, oil and eggs and mix until the ingredients are combined.
4. Mix in the flour and baking powder until combined.
5. Bake for 20-25 minutes.
6. Cool before eating.

Tips

When you've got the basic recipe down, feel free to mix and match what veg you add in!

Do not over stir the batter – 10 strokes should be enough.

Save the carrot juice for other dishes.

You can use self-raising flour instead of normal flour and baking powder, or gluten-free flour as an alternative.

Dairy alternatives/Lactose-free option can be used to replace milk.

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