

# Savoury Muffins



Photo credit: Recipe produced in conjunction with Nutrition Australia Qld.

For a video on how to make the recipe, visit:

[https://youtu.be/ZNhRBY\\_iDbY](https://youtu.be/ZNhRBY_iDbY)

Serves 12

## Ingredients

- 2 ½ cups wholemeal self-raising flour
- 1 teaspoon bi-carb soda
- 1 ½ teaspoons ground paprika
- Cracked black pepper, to season
- 200g pumpkin, peeled and grated (approx. 1 ½ cups)
- 1 medium zucchini, grated
- 1 medium carrot, grated
- 3 spring onions, finely sliced
- 1/3 cup parsley leaves, finely chopped
- 4 garlic cloves, crushed
- 1 long red chilli, deseeded and finely chopped
- 2 eggs
- ¼ cup extra virgin olive oil
- 1 cup milk

## Method

1. Preheat oven to 180°C. Line a 12-hole muffin tin with baking paper or paper muffin cases.
2. Combine the flour, bi-carb soda, paprika and pepper in a large mixing bowl.
3. Squeeze out and discard any excess liquid from the grated pumpkin, zucchini and carrot, then add to the mixing bowl along with the spring onions, parsley, crushed garlic and chilli. Mix well.
4. In a separate bowl, whisk together the eggs, oil and milk.
5. Add the wet ingredients to the dry ingredients and gently mix to combine.
6. Spoon the mixture evenly into the prepared muffin tin. Bake in the oven for approximately 25 – 30 minutes or until a skewer comes out clean.
7. Turn the muffins out onto a wire rack to cool.

## Hints and tips:

- Store muffins in airtight container for up to 3 days or store in freezer for up to 1 month.
- Use vegetables in season or what you've available – try finely shredded baby spinach, finely chopped capsicum and corn kernels.

For the nutrition information, visit the recipe online at: <https://hw.qld.gov.au/blog/boost-your-recipes/savoury-muffins/>

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.