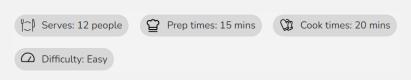
Savoury Muffins



Nutritious savoury muffins perfect for breakfast, snacks or school lunchboxes.



Ingredients

- 1 red capsicum
- 4 button mushrooms
- ¹/₂ large carrot
- 1 ¹/₂ cups of flour
- 1 teaspoon baking powder
- 4 tablespoons butter
- ¹/₂ cup grated cheese
- 2 cups milk
- 2 eggs, whisked
- 2 tablespoons olive oil

Method

- 1. Preheat oven to 180°C. Line a muffin tray with baking paper or grease with butter or oil.
- 2. Rinse carrot and capsicum in cold water. Grate carrot, finely dice capsicum and slice mushrooms. Set aside
- 3. Combine capsicum, mushrooms, carrot, cheese, flour, baking powder and butter in a bowl.
- 4. Add the milk, eggs and olive oil to the bowl. Mix until combined.
- 5. Place mixture into muffin tray (roughly 2 tablespoons).
- 6. Bake for 15 minutes or until golden brown.

Notes

• Kids enjoy mixing! Getting them involved in cooking can help them eat new foods.



This recipe was developed for the <u>Cook Well, Eat Well</u> project.

Brought to you by VicHealth and Nutrition Australia Vic Division, Cook Well Eat Well helps Victorians create healthy meals at home during the Coronavirus (COVID-19) pandemic. Over 25 community organisations across Victoria were engaged to help shape Cook Well, Eat Well, and its content.

