

ZUCCHINI MUFFINS



40 minutes



Summer



Zucchini

INGREDIENTS:

- 2 small zucchini or 1 large, grated
- 1 onion, diced
- 150g bacon, diced
- 2 cups self-raising flour (or 2 cups plain flour and 4 teaspoons baking powder instead)
- 2 eggs
- 1/2 cup (around 125 grams) low fat plain or Greek yoghurt
- 1/2 cup sunflower oil
- 1 cup grated cheese, plus extra for on top

METHOD:

1. Preheat the oven to 180 degrees C
2. Cook the onion and bacon in a saucepan on a medium heat until the bacon is crispy and the onion is transparent. Set aside to cool.
3. Put the self-raising flour (or plain flour and baking powder) in a large bowl and mix in the grated cheese, then the grated zucchini, then the cooled onion and bacon mix.
4. In a separate bowl mix the eggs, yoghurt and oil until combined.
5. Mix the egg, yoghurt, oil into the flour mixture and stir until combined.
6. Place the mix into a muffin tray and top mix with grated cheese (if desired).
7. Bake at 180 degrees C for 20-25 minutes.

TIPS:

- Peel the zucchini before grating if you want to hide the colour from fussy eaters