



Recipe Information

Number of Serves: 12 muffins
(or 30 mini muffins)

Preparation Time: 5mins

Cooking Time: 20mins

Soifua Maloloina Savoury Vegie Muffins

Method

1. Grease muffin tray
2. Place all ingredients into a large bowl and mix well
3. Fill muffin tray with mixture.
4. Bake at 180°C for 20 minutes or until golden brown

Ingredients

Spray oil
1 cup self-raising flour
1 egg
1 cup milk
1 cup grated cheese
1 can corn kernels, drained
1 zucchini, grated
¼ cup bacon, finely chopped

Soifua Maloloina tips:

- You can add other vegies to the batter – fresh, frozen or tinned. Try frozen peas, corn & carrot mix or other seasonal vegies finely chopped (capsicum, mushroom, spring onion). Use 1 can of tinned vegetables (drained) or 1 cup of finely chopped or grated fresh vegetables or 1 cup frozen vegetables.
- You can substitute the bacon for finely chopped onion & a clove of crushed garlic.
- Swap plain self-raising flour for wholemeal self-raising flour for extra goodness.
- This recipe can be made as a loaf: prepare in a greased loaf tin & cook for 45min.
- You can freeze the muffins for up to 3 months.

