



Cheesy Zucchini and Corn Muffins

Equipment

Large metal bowl

Small metal bowl

Measuring jug

Chopping board

Cook's knife

Fork

Grater

scraper

Muffin tray



<u>Ingredients (makes 12 large or 24 small</u> muffins)

2 cups self- raising flour

1 medium zucchini grated

½ cup corn kernel

2 spring onions sliced

¼ cup fresh herbs

1/3 cup grated parmesan cheese

1 cup grated tasty cheese

2 eggs

1 cup milk

1/3 cup olive oil

Method

- 1. Preheat oven to 200° Celsius.
- 2. Place flour, prepared veggies, herbs and cheeses in a large bowl, stir to combine.
- 3. Crack eggs in small bowl and whisk with a fork.
- 4. Measure milk and olive oil in a jug, whisk with a fork.
- 5. Pour milk, oil and whisked eggs into vegetable mixture and stir with a scraper until thoroughly mixed.
- 6. Using double spoon method, scoop equal amounts of mixture into muffin tins and bake for about 20 minutes or until cooked. Let muffins cool in tins for about 5 minutes before removing them.

Serve with a green tossed salad.