

Marilyn's Savoury Muffins

Serves: 12

Prep time: 10 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

5 eggs, lightly beaten

½ cup extra virgin olive oil

1 cup cheddar cheese, reduced fat, grated

1 medium onion, grated

3 zucchinis, grated

1 cup frozen mixed vegetables

½ cup fresh parsley, chopped and/or other garden herbs (chives, thyme, basil, oregano etc)

1 cup buckwheat flour

1 ½ teaspoons baking powder

Cracked pepper



Everyday Food

Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.

PLACE eggs in large bowl. Add oil, half of the cheese, vegetables and herbs. Stir to combine.

COMBINE flour with baking powder and add to egg and vegetable mixture. Season with black pepper and stir, adding some water if mixture is too stiff.

POUR batter into muffin cases and sprinkle with remaining cheese.

BAKE in oven for approximately 20 minutes until lightly golden.

COOL and serve with a side salad.

Recipe courtesy of Marilyn Dunn, Glen Aplin Branch