


## Sweet Potato, Zucchini and Feta Muffins

**Serves:** 12

**Prep time:** 15 minutes

**Cook time:** 15 minutes

 ½ serve per portion

### Ingredients

1 medium sweet potato, grated  
1 medium zucchini, grated  
1 medium red onion, grated  
½ red capsicum, diced  
¼ cup parmesan cheese, grated  
100g feta, crumbled  
⅓ cup wholemeal plain flour  
¼ cup extra virgin olive oil  
4 eggs  
1 teaspoon nutmeg  
Black pepper

### Method

PREHEAT oven to 180°C and line a 12-hole muffin tray with muffin cases.  
PLACE all ingredients in a bowl and stir to combine.  
SPOON mixture into muffin cases.  
BAKE in oven for 15 minutes or until a skewer comes out clean.



Everyday Food

*Recipe courtesy of Judy Fysh, Nelia Branch*