

# savoury muffins



## ingredients:

2 medium zucchini - grated  
2 medium carrots - grated  
1 large onion finely chopped  
4 rashers bacon chopped  
1 cup grated cheese  
1 cup self-raising flour  
½ cup vegetable oil  
4 extra large eggs  
1 heaped tsp fresh minced chilli  
1 heaped tsp fresh minced garlic  
salt and pepper to taste

## extra ingredients

1 cup (or so) grated cheese  
finely grated parmesan cheese to taste  
paprika to taste

**step one:** Pre-heat oven to 180°C and spray muffins tins with oil. This recipe makes 18, so I use one 12-muffin tin and one 6-muffin tin.

**step two:** Place the following ingredients into a large bowl in this order - zucchini, carrot, onion, and bacon. Make a well in the middle and add the flour and oil.

**step three:** In a separate bowl, place the eggs, salt and pepper, chilli, garlic and beat.

Add this egg mixture to the other bowl and using a wooden spoon, mix all the ingredients together thoroughly.

**step four:** Add the cup of grated cheese and continue mixing until all ingredients are combined.

**step five:** Divide the mixture between the 18 muffin tins and sprinkle the top of each with the extra cheese and a little parmesan cheese. Add as much or as little paprika as desired. If you don't like paprika, omit it.

**step six:** Bake for approx. 12 - 15 minutes or until golden brown on top and allow to cool in tray before removing.

## helpful hints:

- I grate the zucchini and carrot into the large bowl and work from there.
- You can substitute zucchini and carrot with any other vegetable. I have successfully used white potato, sweet potato and pumpkin - if you can grate it, you can use it. The grated vegetables should equal approx. 4 - 5 cups.
- Don't be tempted to use electric beaters. A wooden spoon is all that's needed.
- These are great by themselves or enjoyed with a fresh green salad.
- The eggs I use have an average weight of 59 grams (2.08 oz)

*Enjoy!*