



Carrot, Zucchini and Dill Muffins

Makes 14

Ingredients

- 2 cups self-raising flour
- 1 teaspoon baking powder
- 2 tablespoons caster sugar
- 1/2 cup finely grated carrot
- 1/2 cup finely grated zucchini, squeezed between your hands to remove excess moisture
- 1/2 cup grated light tasty cheese
- 2 tablespoons fresh dill, chopped
- 3/4 cup milk
- 1/4 cup extra light olive oil
- 2 eggs
- 1 teaspoon sea salt flakes

Nutritional Guide - Per Serve

Energy: 150cal	Carbohydrate: 17.5g
Protein: 4.6g	Sodium: 382mg
Fat: 6.6g	Sugars: 3.6g
Sat Fat: 1.3g	Fibre: 1g

Method

Step 1: Preheat oven to 200°C. Lightly grease 2 x 12 1/3 cup capacity muffin pan.

Step 2: Sift flour and baking powder into a large bowl. Stir in sugar, carrot, zucchini, cheese and dill. Whisk milk, oil and eggs together in a jug. Add to dry ingredients. Use a large metal spoon to stir until just combined

Step 3: Divide mixture evenly between muffin holes. Sprinkle tops with sea salt. Bake for 12 to 15 minutes or until a skewer inserted into the centre of a muffin comes out clean. Stand for 5 minutes in pan before turning onto a wire rack. Serve warm or at room temperature.

Are you on a 1200 Calorie Meal Plan?

Your calorie intake for snack should be between 70-100cal

Does this recipe meet your meal requirements? NO

Recommendations:

- Make 18 smaller muffins to reduce portion size.

Total Calories:
100cal

Are you on a 1500 Calorie Meal Plan?

Your calorie intake for snack should be between 120-150cal

Does this recipe meet your meal requirements? YES

Total Calories:
150cal