

## ZUCCHINI, SUN-DRIED TOMATO AND PARMESAN MUFFINS

Makes 12 large savoury muffins

Preparation time 15 minutes

Cooking time 20-22 minutes

### Ingredients

- 310g flour mix [see below]
- 1 ½ tsp baking powder
- 1 large/2 small zucchini, grated
- 150g freshly grated Parmesan
- 8-10 sun-dried tomatoes in oil, sliced
- 250ml milk [Bonsoy, Rice Milk or water for non-dairy option]
- 80ml olive\* oil
- 2 eggs

Preheat your oven to 180°C/350°F/Gas

\* use only extra Virgin, cold pressed oils

### Method

1. Mix together the cheese and the flour + baking powder, then coarsely grate the zucchini into the bowl and, finally, add the sun-dried tomatoes.
2. Add the milk, oil and eggs and mix to a lumpy, fairly thick batter.
3. Lightly oil the muffin tins and fill each individual cup to the top with the muffin mix.
4. Bake in the middle of the oven for 20-22 minutes. The muffins are ready when they are golden on top and fairly dense to the touch. Best served warm, 5 to 10 minutes after coming out of the oven but they can last a few days in an airtight container or several weeks in the freezer.

For **wheat-free** options use a blend of any or all the following flours: spelt, barley, rice, soy, oat, millet or use a good gluten-free blend – note that you may require a little extra fluid when using some gluten-free flours.

*The above recipe is courtesy of my daughter. Very yummy lunch-box option – for all ages!*