



Carrot & Zucchini Mini Muffins

INGREDIENTS	Calories	Fat	Sat Fat	Carbs	Sugar	Fibre	Protein
1 cup wholemeal flour	493	2.9	0.4	91.4	1.3	15.8	16
2 t'spoon baking powder (or 1 if use s/r flour)	22	0	0	5	0	-	0.3
1 small zucchini (about 1cup when grated)	20	0.4	0	2	2	1.5	1
2 baby/ 1 medium carrot (also about 1 cup)	140	0.1	0	7	7	5.5	1.1
2 eggs	144	10.6	3.6	0.3	0.3	0	11.8
1/3 cup low fat milk	40	0.8	0.4	4.9	4.9	0	3.3
TOTALS FOR MIXTURE	859	14.8	4.4	110.6	15.5	22.8	33.5
Divide by number of muffins you get from mix.							
(I made 18 mini muffins) Total per muffin	47	0.8	0.2	6.1	0.8	1.2	1.8

METHOD

Mix Flour & baking powder, eggs & milk into batter.
 Grate or very finely chop zucchini & carrots & stir through batter.
 Dolop mixture into mini muffin tin (or mini cup cake cases)
 Bake in oven at approx 180 degrees for 15 - 20 minutes.

