



Carrot & Parsnip Muffins

 15 minutes preparation + 25 minutes cooking.

 3 serves of vegetables.

INGREDIENTS

Olive or canola oil spray
1 cup wholemeal self-raising flour
 $\frac{3}{4}$ cup white self-raising flour
 $\frac{1}{4}$ teaspoon paprika or curry powder
1 large carrot, peeled and grated
1 parsnip, peeled and grated
2 tablespoons grated Parmesan cheese
2 table spoons chopped parsley or basil
2 eggs, beaten
2 tablespoons oil
1 cup low-fat milk

DIRECTIONS

Preheat oven to 190°C. Lightly spray muffin trays with oil. Sift flours into a large bowl, returning husks to the bowl. Add paprika and fold in carrot, parsnip, cheese and herbs. In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients. Lightly combine but do not over-mix. Spoon into a greased 12 – muffin tray and bake for 25 minutes or until golden brown and firm to touch. Cool on a wire rack. Makes 12.



HINT

These muffins freeze well and can be defrosted and microwaved to serve warm.

SERVING SUGGESTION

Serve with low-fat cheese such as cottage cheese, quark or labneh.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



$\frac{1}{2}$ cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



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