

# Zucchini Cheddar Cheese Savory Muffins

Eat these muffins for a quick lunch with a salad, with a bowl of soup, for breakfast, and are great for kids lunch boxes.



## BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

**For breads, rolls, and other yeast-raised baked goods:** Increase liquids  $\frac{1}{4}$  cup (60g) at a time until you reach the desired dough consistency.

**For cookies:** Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

**For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more:** Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

## Ingredients

- 360 grams (3 cups) Flourish flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 220 ml (1 cup minus 1 1/2 tablespoon) skim milk, you can use whole milk
- 1 large egg
- 2 tablespoons extra virgin olive oil
- 130 grams (4.6 ounces) grated zucchini
- 100 grams (3.5 ounces) reduced fat cheddar cheese grated
- 1 spring onion finely chopped
- 1 tablespoon fresh thyme chopped

## Instructions

1. Preheat the oven to 170 degrees C (325 degrees F) and grease a muffin pan.
2. In a large mixing bowl, combine the flour, baking powder, salt, pepper and set aside.
3. Whisk the milk, egg, and oil together. Add the wet ingredients to the dry ingredients and whisk until just incorporated.
4. Stir in the zucchini, cheddar cheese, spring onion and thyme with a wooden spoon until evenly dispersed.
5. The batter will be very thick, it's ok.
6. Spoon the batter into the prepared muffin tin (about  $\frac{3}{4}$  full) and bake for 30-35 minutes or until the tops are just golden and a skewer inserted in the center comes out clean.
7. Allow the zucchini cheddar cheese savory muffins to cool in the pan for at least 10 minutes before removing.
8. Store leftover muffins in an airtight container at room temperature for up to 3 days.