



Mega Lunch Muffin

Servings: 6

Prep Time: 20min

Cook Time: 25min

Ingredients

BOWL 1

- 1 medium baby marrow, unpeeled and grated
- 1 small onion, grated
- 1 medium carrot, grated
- 250 ml cold, leftover mashed potato or butternut
- 30 ml parsley or basil, chopped
- 125 ml plain double cream yoghurt
- 2 large eggs
- 30 ml sunflower oil

BOWL 2

- 250 ml whole wheat flour
- 250 ml cake flour
- 10 ml salt
- 125 ml oat bran
- 20 ml baking powder
- 40 g cheddar cheese, grated (80 ml)

Directions

1. Preheat oven to 190°C with oven shelf in centre position. Grease a non-stick Giant muffin pan.
2. Mix the ingredients for Bowl 1 and Bowl 2 separately. Pour Bowl 2 ingredients into Bowl 1 and mix gently with a wooden spoon to combine.
3. Spoon into the prepared muffin pan and bake in preheated oven for 20-25 minutes.