



VEGETABLE MUFFINS

10 min 50 min easy 12 pieces

INGREDIENTS

oil for greasing
120 g light edam cheese, cut into pieces
100 g zucchini, cut into quarters
100 g carrots, cut into quarters
100 g sweet potato, cut into quarters
50 g onion, cut into halves
30 g oats
3 eggs
200 g flour
1 ½ tsp baking powder
2 pinches dried oregano
2 pinches salt
1 pinch pepper (optional)

PREPARATION

1. Pre-heat oven at **170°C**. Grease a muffin tray and set aside.
2. Place cheese into mixing bowl and grind **10 sec/speed 6**. Transfer into a bowl and set aside.
3. Place zucchini, carrots, sweet potato and onion into mixing bowl and chop **5 sec/speed 5**.
4. Add oats, eggs and mix **10 sec/speed 3**.
5. Add flour, baking powder, ground cheese, oregano, salt, pepper and mix **20 sec/speed 4**, with aid of spatula. Transfer dough into muffin tray and bake 30 min in pre-heated oven (170°C).
6. Leave in tray for 10 minutes, then transfer to a cooling rack before serving.

This recipe was adapted to Thermomix by our Nicosia advisor Mrs. Marina Pantelidou.