

HAM, CHEESE AND VEGETABLE MUFFINS

1 Zucchini, peeled and grated

1 Carrot, peeled and grated

100g Cheese, grated

100g Leg Ham

3/4 Cup Self Raising Flour

3/4 Cups Wholemeal Self Raising Flour

2 Eggs

1 Cup Milk

Salt and pepper to taste



Place the first 6 ingredients into a large bowl and mix to combine.

Add the egg, milk, salt and pepper and mix until just combined.

Place into greased muffin trays, or patty cases.

Bake in a 180 degree oven for 30 minutes or until golden and they bounce back when touched.

Store in the fridge in an airtight container for up to 5 days or freeze for up to 3 months.

Makes 12.