Carrot and Zucchini Muffins



Serves	12
Prep time	15 minutes
Cook time	20 minutes
Total time	35 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Sweet Things
Misc	Child Friendly, Pre-preparable, Serve Cold

Ingredients

- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 4 teaspoons baking powder
- 1/2 cup brown sugar
- 1 1/2 cup grated carrot
- 1/2 cup peeled and grated zucchini (squeezed to remove the excess liquid)
- 100g butter (melted)
- 2 eggs (lightly beaten)
- 1/2 cup low fat milk

Optional

- 1/2 cup cashews (roughly chopped)

Directions

1. Preheat the oven to 200 C. Prepare two 6-hole muffin trays.
2. Sift the flours and baking powder into a large bowl, adding the husks back in. Stir in the sugar, then add the carrot, zucchini and cashews (optional). Mix until well coated.
3. Whisk the butter, eggs and milk together in a separate bowl. Fold the butter mixture into the carrot mixture until just combined.
4. Spoon evenly into the muffin pans. Bake for 18 to 20 minutes or until cooked through. Cool in the pans for 5 minutes then transfer to a wire rack to cool completely.
5. Store in an airtight container. Consume within 3 days.

Note

Moderate Salicylate, Low Amines, Low Glutamates