

Ham, Carrot and Zucchini Muffins



Serves	12
Prep time	20 minutes
Cook time	25 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , RPAH Elimination Diet – Very High Chemical
Meal type	Savoury Snack
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 100g preservative-free ham (thinly sliced)
- 1 Medium carrot (grated)
- 1/2 Medium zucchini (peeled and grated)
- 60g rice flour
- 80g plain wholemeal flour
- 50g plain white flour
- 3 1/2 teaspoons baking powder
- 80g butter or Nuttalex
- 1 cup buttermilk

Directions

1. Preheat the oven to 180°C and line two 6-hole muffin trays with paper cases.
2. In a large bowl sift together the flours and baking powder, adding the husks back in.
3. Melt the butter or Nuttalex and transfer to a medium sized bowl. Slowly add in the buttermilk, then stir in the ham, carrot and zucchini.
4. Add to the flour and mix until just combined.
5. Spoon the mixture evenly into the muffin cases.
6. Bake for 20 - 25 minutes until cooked. Allow to cool slightly in the trays then transfer to a wire rack to cool completely.
7. Can be served warm or cold. These muffins also freeze well and are great for travelling or in lunch boxes.

Note

Very High Amines, Moderate Salicylates, Low Glutamates

If amines aren't tolerated, substitute the ham for [Real Meals' Real Deli Chicken](#) or some cooked [Failsafe Sausages](#).