

Kat's Kitchen

Mini vegetable muffins



Makes

15-20 muffins

Allergens

Gluten

Total time

35 minutes

Prep time

10 minutes

Ingredients

140 g self raising flour

1/4 tsp of bicarbonate of soda
1/4 tsp of baking powder

15g dark brown sugar

1/2 tsp cinnamon

85g grated vegetable (courgette, carrot, beetroot)

87g oat milk
80g sunflower oil

25ml golden syrup

1/2 tsp vanilla essence

Step by step

1. Preheat the oven to 200°C, fan 180°C. Lightly oil mini muffin tin. Squeeze moisture out of grated vegetables.
2. Add all dry ingredients into a mixing bowl and stir them together. Add in milk, oil, syrup and vanilla essence. Mix together.
3. Add the vegetables, with a spoon stir in. Spoon the mixture into the muffin tin and bake for 20-25 minutes.

Step by step

To make the recipe gluten free, add gluten free flour.

Did you know?

**Left-over muffins
can be frozen so
you can save
them to eat at a
later date!**