

TASTE WITHOUT WASTE

Sweet Potato & Zucchini Muffins

Makes 12 muffins

Ingredients

2 cups whole-wheat flour
¼ cup oat bran
½ tsp bicarbonate of soda
½ tsp baking powder
Pinch salt
1 tsp ground cinnamon
¼ tsp ground nutmeg
Pinch cloves
1 cup buttermilk
¼ cup apple puree
1 tbsp olive oil
1 egg, lightly beaten
1 tsp vanilla essence
¾ cup grated zucchini, liquid gently squeezed out
1 cup grated sweet potato (I leave the skin on)
2 tbsp pumpkin seeds

Topping

1 tbsp pumpkin seeds
1 tbsp raw sugar
1 tsp ground cinnamon

Method

Preheat the oven to 175C and lightly grease 12 muffin holes.

In a large bowl combine the flour, bran, bicarbonate of soda, baking powder, salt, cinnamon, nutmeg and cloves.

In a separate bowl whisk together the buttermilk, apple puree, olive oil, egg and vanilla.

Fold the wet mixture through the dry until just combined, then stir through the grated zucchini, sweet potato and pumpkin seeds.

Combine the topping ingredients in a small bowl.

Divide the mixture between the muffin holes. Sprinkle each with a little of the topping mixture.

Bake for 23 minutes or until spring back when touched and a skewer comes out clean when inserted. Set the pan on a wire rack and leave to cool for 5 minutes before gently removing the muffins and leaving them to cool completely on the rack.

Serve warm or at room temperature, either as is or with a smear of butter and/or honey. Will keep in an airtight container in the refrigerator for up to 5 days. Can also be frozen for up to 2 months.

Source: *A Taste Without Waste original.*

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