

Sweet Potato, Zucchini & Feta Mini Muffins

Makes 30 mini muffins

1 medium sweet potato, grated

1 medium zucchini, grated

1 medium red onion, grated

1/2 cup cheese, grated

100g feta, crumbled

1/3 cup spelt or whole meal flour or just cake flour

4 eggs

Combine all ingredients and spoon into mini muffin trays (tip, use silicon trays to stop muffins sticking).

Bake at 180°C for 15 minutes. These freeze well ❄️.

Nutrition Information per 2 muffins: 70cals, 4.5g protein, 4g carbs, 4g fat