

VEGGIE PACKED BANANA MUFFINS

Naturally sweetened and packed with sneaky vegetables, these yummy muffins are perfect for those fussy little eaters that won't eat their greens!

NORMAL	6	20	20

Ingredients

- 140g very ripe banana
- 100g zucchini, grated
- 60g carrot, grated
- 2 eggs
- 3 dates, pitted
- 2 tsp baking powder
- 150g flour
- 1 tsp cinnamon
- 1/2 tsp vanilla extract

Instructions

1. Preheat the oven to 180C. Line a cupcake tray with muffin wraps.
2. Squeeze excess moisture from zucchini with a muslin cloth or paper towel. Set aside.
3. In a blender, pulse eggs, banana, dates until smooth. Add rice flour, baking powder, cinnamon and vanilla, blend until well incorporated. Pour into a large bowl, and fold in the zucchini and carrots.
4. Scoop banana batter into muffin cases and bake for 20 minutes or until cooked through.