

Veggie Packed Banana Muffins



Naturally sweetened and packed with sneaky vegetables, these are perfect for fussy little eaters that won't eat their greens! It's a perfect recipe to use up extra zucchini and carrot leftover in the fridge.

Ingredients

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

Method:

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.