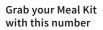


Kids Hidden Veggie Savoury Muffin with Snack Bundle













Basic Sponge



Seasoning



Greek-Style Yoghurt









Cheese

Cucumber

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

8-12 cup muffin tray

Ingredients

	2 People
olive oil*	refer to method
courgette	1
carrot	1
basic sponge mix	1 packet
garlic & herb seasoning	1 large sachet
egg*	1
milk*	½ cup
Greek-style yoghurt	1 large packet
shredded Cheddar cheese	1 large packet
apple	2
celery	1 stalk
cucumber	1

*Pantry Items

Nutrition

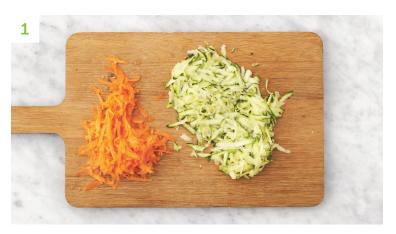
Avg Qty	Per Serving	Per 100g
Energy (kJ)		
Protein (g)		
Fat, total (g)		
- saturated (g)		
Carbohydrate (g)		
- sugars (g)		
Sodium (mg)		
Dietary Fibre (g)		

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Preheat oven to 200°C/180°C fan-forced.
- Grease and line an 8-12 hole muffin tray with baking paper.
- Grate courgette and carrot.

Missing NIPs info due to yoghurt



Bake the muffins

- Divide batter evenly between muffin holes, filling each to the top (you should get 8-12 muffins).
- Bake until golden brown, 20-25 minutes.
- Set aside to cool slightly in tin.



Make the batter

- Measure out 200g of basic sponge mix.
- In a large bowl, add measured basic sponge mix, garlic & herb seasoning, the egg, milk, Greek-style yoghurt and 2 tbs of olive oil. Mix until just combined.
- Stir in courgette, carrot and shredded Cheddar cheese until just combined.

TIP: Be careful not to overmix the batter!



Serve up

- Prep fruit and veggies.
- Divide hidden veggie savoury muffins and snacks between lunch boxes.
 Enjoy!

