# **VEGETABLE SLICE**

#### **Recipe serves**



## Preparation and cooking time

40<sub>minutes</sub>

### Ingredients

1 onion <u>or</u> 1 shallot, finely chopped

2 carrots, grated

2 medium <u>or</u> 1 large zucchini, grated

1 capsicum, chopped finely

1 cup corn kernels, frozen <u>or</u> canned

 $\frac{1}{2}$  cup chopped green beans <u>or</u> peas <u>or</u> chopped celery

1 cup grated cheese

2 cups self-raising flour

6 eggs

 $\frac{1}{2}$  cup milk

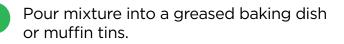




### Method



Beat eggs and milk together then mix with all other ingredients.



Bake in a moderate oven (about 180°C) for about 30 minutes or until firm. Muffins will take about 15 minutes depending on the size.

# Ideas & Hints 🏠

- » Use half wholemeal flour for extra fibre.
- » Use any vegetables, including canned butter beans and red kidney beans.
- » Great for packing in the lunch box but it will need to be kept cold.

