



# Carrot, Zucchini & Ricotta Muffins

SERVES: 12

## INGREDIENTS:

- 1 cup wholemeal self-raising flour
- 1 cup self-raising flour
- $\frac{3}{4}$  cup brown sugar
- 1 carrot, peeled, coarsely grated
- 1 zucchini, coarsely grated
- 1 tsp mixed spice
- 1 egg
- $\frac{1}{2}$  cup canola oil
- $\frac{1}{2}$  cup buttermilk
- $\frac{1}{3}$  cup ricotta

## METHOD:

1. Preheat oven to 180°. Line a 12 hole,  $\frac{1}{3}$  cup muffin pan with paper cases
2. Place the combined flour, sugar carrot, zucchini and mixed spice in a large bowl. Stir to combine
3. Whisk the egg, oil, buttermilk and ricotta in a jug. Add to flour mixture and stir until just combined (don't overmix)
4. Spoon the mixture evenly among paper cases. Bake for 25-30 minutes or until a skewer inserted in centre comes out clean.
5. Transfer to a wire rack to cool. Serve warm or at room temperature

