



# Super green muffins

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*Omit the ham for a Green menu option.*

**Traffic light category: Amber Serves: 10, 25, 50**

## Ingredients

- 2 spring onions, finely chopped
- 100g lean ham, finely chopped
- 1½ cups packed baby spinach, finely chopped
- 1 cup white self-raising flour
- 1 cup wholemeal self-raising flour
- ½ cup frozen baby peas
- ⅓ cup fresh chopped herbs or 1 teaspoon mixed dried herbs
- 200g broccoli, trimmed, finely chopped
- ⅓ cup olive oil
- ⅔ cup reduced fat milk
- ½ cup plain reduced fat Greek-style yoghurt
- 1 egg, lightly whisked
- 1 small zucchini, grated, squeezed of excess liquid

## Method

1. Preheat oven to 200°C/180°C fan-forced. Line a 12-hole (⅓ cup capacity) muffin pan with paper cases
2. Combine spring onions, ham, spinach, flours, peas, herbs and broccoli in a large bowl. Make a well in centre
3. Whisk oil, milk, yoghurt and egg in a jug, pour into mixture, add zucchini, stir until just combined (some lumps are okay)
4. Divide mixture among cases
5. Bake for 30 to 35 minutes or until just browning and firm to touch. Stand for 5 minutes. Cool on a wire rack.



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