



## ON THE GO MUFFINS

10 MINS  
PREP

25 MINS  
COOK

VEGGIE

Everyone has those left-over veggies sitting at the bottom of their fridge looking very sorry for themselves. Also, those scrag ends of cheese that you don't get out because they don't look neat enough for the cheeseboard.

We love this vegetarian family recipe in our house for that reason. Not only are they super healthy as a snack, but they also use up anything you have going! Really you don't have to be too precise. Anything between 300-500g of filling seems to work. Simply grate into the wet mix before adding the dry and you're good to go!

Feel free to add the spices depending on what the veggies are. Really go to town!

### WHAT YOU NEED

Dry ingredients:

310g flour (we like to use 50/50 buckwheat)

1 tsp bicarb soda

1 tsp baking powder

Wet ingredients:

3 eggs

100g yogurt

125ml milk

60ml oil (olive or rapeseed is best. Can use coconut also but is quite a strong flavour!)

### WHAT TO DO

1. Turn on your oven to 180 degrees and get your muffin trays ready. We like to use silicon, as they are super easy and don't waste paper.
2. First of all, mix all the wet ingredients together in a large bowl.
3. Get all of your fridge fillers, ensuring they don't weigh more than 500g. Get a grater and grate all of the ingredients into the wet mixture (obviously chopping the herbs if used).
4. Sieve the dry ingredients into the mix and stir lightly until you can't see any of the flour. The mix should be dropping consistency, so adjust with milk and flour if needed.
5. Spoon into the muffins and bake for 25-30 mins or until golden and cooked through.
6. Cool out of the tins before eating and enjoy!

Optional fridge fillers: (extras!)

300-500g of what's hanging around but, in this recipe, we used:

1/4 cauliflower

1 carrot

Handful of dill

A large pinch of flat-leaf parsley

Leftover cheddar cheese

Spices (if using)