



## Vegetable muffins

“ Are you looking for an idea for an original recipe for an apéritif and to impress your guests? We've found it: courgette, carrot and cumin muffins, as mellow as you'd wish... ”

For: 4-6 people

Time: 15 minutes

Cooking: 20 minutes

Difficulty: ★★★

Accessories:



## Ingredients

1 courgette  
 1 carrot  
 150 g flour  
 3 eggs  
 100 ml oil  
 120 ml milk  
 1 tsp cumin  
 Salt  
 Black pepper  
 1/2 tsp baking powder  
 Grated cheese

## Preparation

- 1-** Cut the courgette and carrot into small dice.
- 2-** Pour the flour, eggs, oil, milk, cumin, salt, pepper and yeast into the stainless steel bowl fitted with the beater and the lid. Mix, increasing the speed from speed 1 to speed 3
- 3-** Once the mixture is smooth, add the diced vegetables and mix for a few seconds at speed 1.
- 4-** Pour the mixture into your muffin tins, add the grated cheese on top, and bake for 20 minutes in an oven pre-heated to 180 °C.