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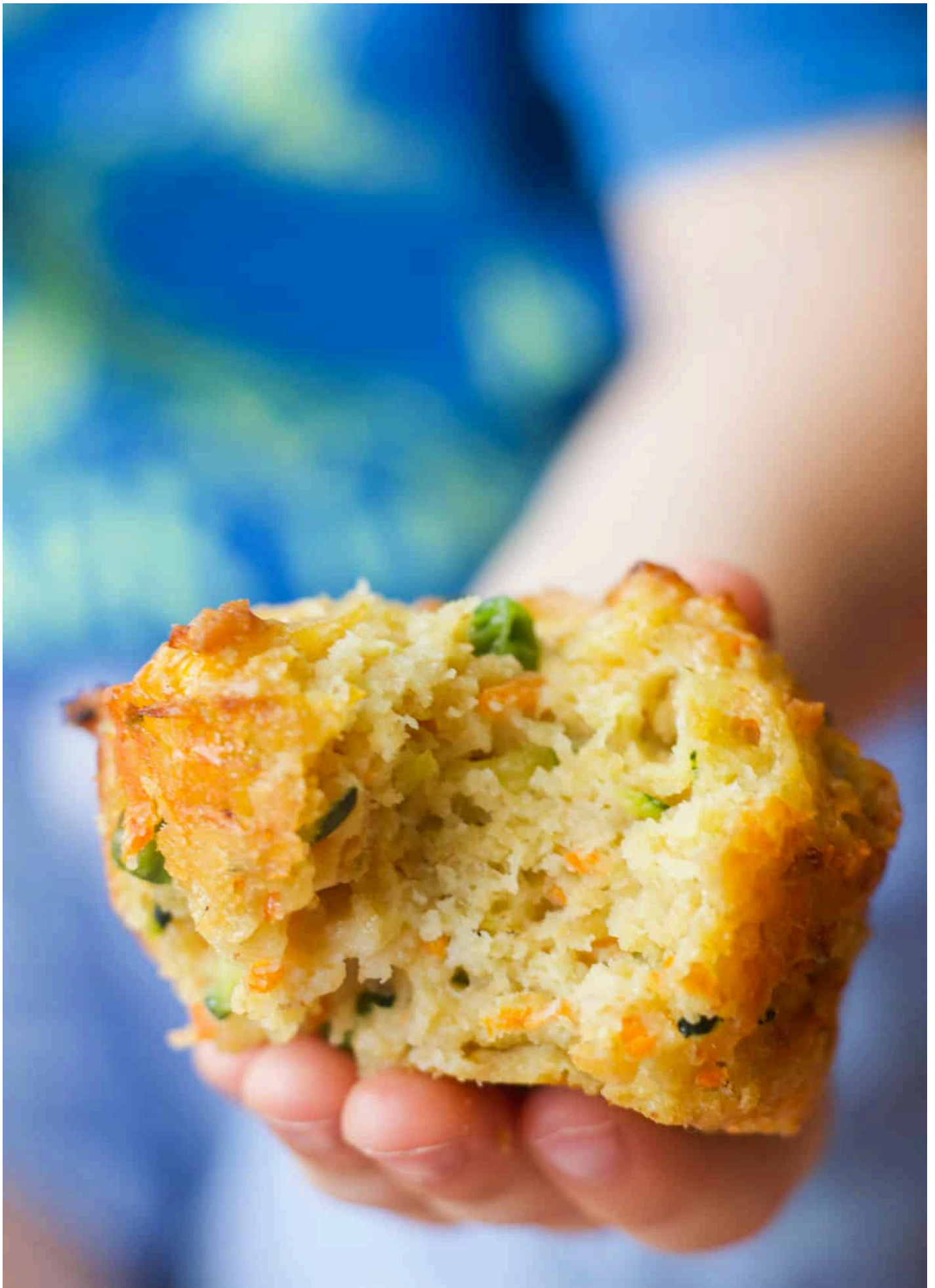
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Vegetable Savoury Muffins

Published: Aug 25, 2023 · **Modified:** Aug 26, 2023 **by** [Amy](#) · [872 Comments](#)

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Quick and easy **Savoury Muffins** made with four different veggies. Easy to customise and perfect for breakfast, school lunch boxes, served with soup, or warm and butter-kissed.





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Reasons to Love These Muffins

- **Veggie Goodness:** These muffins include a rainbow of veggies - zucchini, carrot, peas and corn. For those seeking different ways to add veggies, these muffins are a delightful solution.
- **Portable:** From hurried breakfasts to lunchbox essentials and on-the-move snacks, these vegetable muffins are great for your busy routine. Their handheld appeal makes them a hit with young kids too.
- **Versatile:** There are endless possibilities with these muffins. Customise them to match your preference or pantry items. Experiment by swapping veggies, adding herbs, or enhancing flavours with diced cooked ham or bacon.
- **Freezer Friendly:** Prepare a double batch and freeze. Whenever hectic mornings or afternoons strike, a quick reheat gives you a nutritious snack without the fuss.

Ingredient Information (and Alternative Suggestions)

For the full recipe, with ingredient amounts, scroll to the recipe card at the bottom of the post.



arsley



- **Zucchini and Carrot:** Boosts flavour, moisture and nutrients. Grated for easy incorporation without pre-cooking.
- **Corn and Peas:** Introduces colour, texture, nutrition and a hint of sweetness.
- **Cheese:** Amplifies flavour. I typically use mature cheddar as it adds great flavour with less cheese. However, any melting, flavourful cheese works. For dairy free you can skip the cheese but you will want to up the flavour with herbs, salt (skip for baby) and/or nutritional yeast.
- **Milk:** Adds moisture and flavour. Swap with non-dairy milk or the veggie liquid for dairy-free.
- **Yogurt:** Maintains lightness and moisture while adding protein and fat. For dairy free, replace with extra olive oil
- **Parsley:** For flavour, can be skipped or replaced with other herbs.
- **Olive Oil:** Helps keep the muffins moist and adds a healthy dose of good fats.
- **Eggs:** Enriches texture, structure, and richness. For egg-free, consider a flax egg replacement. (not tested).
- **White Whole Wheat Flour (Wholemeal):** I used Australian white wholemeal flour, which has a lighter colour and a more refined appearance compared to the UK version I was accustomed to. Less processed options might yield denser muffins. All-purpose flour (plain flour) or a blend of whole wheat/all-purpose can also be used.
- **Baking Powder:** Leavens for a light texture.

Alternative Add-In Suggestions

These savoury muffins are easy to adapt and there are many great additions you could try -

- Different vegetables (such as finely chopped bell pepper, chopped spinach, finely chopped and lightly fried green onions, shallots, mushrooms, celery or leek.
- Sun-dried tomatoes
- Olives
- Bacon, ham or chorizo.
- Fresh herbs
- Dried Italian Herbs
- Garlic powder

Step By Step Instructions

This section features step-by-step photos for visual reference. The complete recipe can be found by scrolling to the recipe card at the bottom of the post.

1



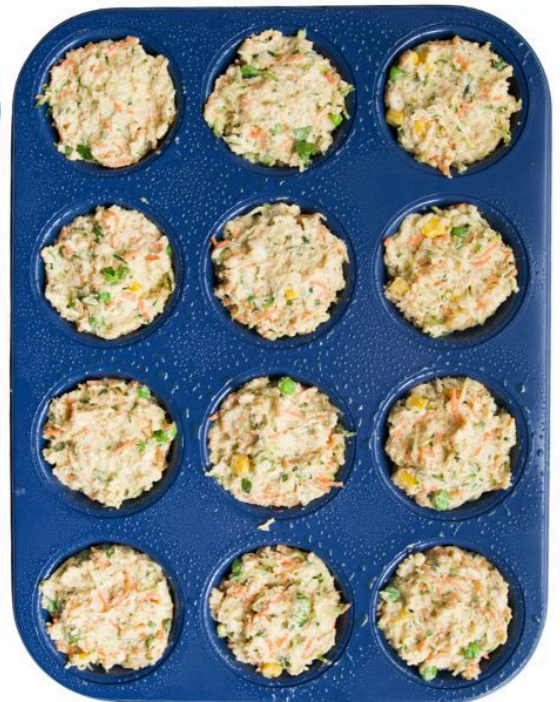
2



3



4



1. Wrap grated zucchini and carrot in a clean dish towel, then squeeze out the excess liquid.
2. Combine Wet Ingredients: In a large mixing bowl, add the zucchini, carrots, peas, sweetcorn, grated cheese, milk, yogurt, olive oil, and egg. Mix until combined

3. Combine Wet & Dry Ingredients: Add the baking powder to the flour and gently combine. Gradually add the dry ingredients to the wet until just combined.
4. Grease a 12-hole muffin tray with oil or butter. Equally distribute the muffin batter into the sections. I use an ice-cream scoop. Bake for 20-25 minutes.

Cooking Tips

Here are my tips to help make light, fluffy and delicious vegetable muffins.

- **Ensure to squeeze out the juice from the grated carrots and zucchini.** I do this by placing the grated vegetables onto a clean tea towel and squeezing it as hard as I can! I have made these muffins without doing this and they were a little too wet inside.
***NOTE:** Save the juice and use it in smoothies or sauces - don't throw away all that goodness!*
- **Don't over stir the mixture.** Resist the temptation to over stir or beat the batter, it will cause your muffin to go tough. You want the final mixture to be lumpy, thick and looking very messy. It should only take around 10 strokes with your wooden spoon.
- **Don't skimp on the veggies.** If your child doesn't like one of the vegetables, don't just leave it out. Add extra of the other vegetables or replace it with a different one. These muffins are so much better with a bit of veggie in every bite.
- **Grease the muffin pan *really well* before adding the batter.** I have baked these with muffin cases and without. I got better results without cases. Often I found the muffins stuck to the cases but if you use a nonstick pan and grease it well the muffins are easy to remove. If you prefer to use paper muffin cups, I would recommend greasing them with oil spray before putting the batter in. Alternatively, you could try silicon muffin cases.

- **Keep an eye on the baking time.** Take the muffins out of the oven too soon and they will be sticky and uncooked. Bake them too long, and you run the risk of dry muffins. Every oven is different, so while you should still follow the bake time in this recipe, use a skewer to test your muffins a couple minutes before the end of the bake time. Your skewer will come out clean if they are ready.

Storage Instructions

Here are my top tips for storing muffins:

- **Let your muffins cool completely on a wire rack.** Before storing your muffins, it is important to allow them to properly cool. Allow your savoury muffins to cool in the muffin tray for around 5-7 minutes. If you leave them in the pan too long they run the risk of going soggy, you just want them to be firm enough to transfer to a wire rack.
- **Once on the cooling rack, the muffins should be left to cool completely before storing.** Storing the muffins when they are even a little bit warm will result in condensation and soggy muffins.
- **Decide on how long and where you want to store your muffins** My favourite way to store savoury muffins is to freeze them, and if properly frozen they will be good for around 2-3 months (but will remain safe to eat well past that). To ensure the best quality, individually wrap the muffins in clingfilm or foil and then transfer to ziplock bags or freezer containers.
- **To reheat** – just pop them out of the freezer and place them back in the muffin tin. Reheat at 170c /350f until heated through. Alternatively, allow them to thaw and then reheat them in the microwave.
- **You can refrigerate muffins, but it isn't recommended.** Refrigeration temperatures alter the texture of the muffin and can make them go stale quicker.
- **Storing at room temperature is better than refrigeration when it comes to muffin quality.** The best way to store them is to line an airtight container with kitchen paper, pop the muffins on top and then another layer of kitchen paper, before adding the lid. The paper absorbs the moisture from the muffins, stopping them from going soggy. It is hot and humid here, at the moment, so I only store the muffins at room temperature the day I bake them, the rest I always freeze.

Recipe FAQs

Are these muffins suitable for babies? From what age?



How would you serve these muffins?



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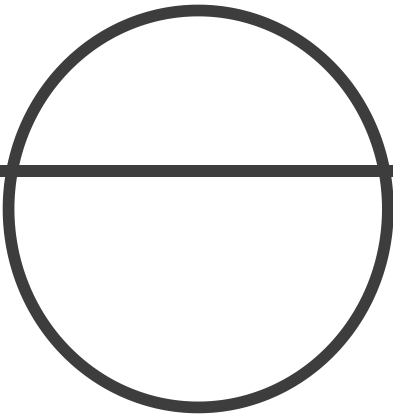
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★★★★★ 4.76 from 371 votes

Author: [Amy](#)

VEGETABLE SAVOURY MUFFINS

Savoury muffins packed with four different vegetables. Light and fluffy making them perfect for baby-led weaning, toddlers and the lunch box.

PREP TIME:
15 minutes

COOK TIME:
20 minutes

TOTAL TIME:
35 minutes

SERVES:
12 Muffins

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EQUIPMENT

☐ 1 12 Hole Muffin Tray

INGREDIENTS

- ☐ 1 medium (210g) Zucchini ,*grated*
- ☐ 1 medium (110g) Carrot ,*grated*
- ☐ ¼ cup (30g) Frozen Peas
- ☐ ¼ cup (30g) Frozen Corn

- ☐ 1 ⅓ cup (125g) Cheddar Cheese *,grated*
- ☐ ½ Cup (125ml) Milk
- ☐ ¼ cup (60g) Plain Greek Yoghurt
- ☐ ¼ cup (60ml) Olive Oil
- ☐ 2 Eggs
- ☐ 3 tablespoon Chopped Parsley
- ☐ 2 cups (250g) Plain Wholemeal Flour *note 1
- ☐ 2 tsp Baking Powder
- ☐ ½ teaspoon Salt *Do not add for baby

INSTRUCTIONS

- 1 Preheat oven to 180C/ 160C (Fan)/ 350F
- 2 Place the zucchini and carrot onto a clean dish towel and wrap it around the vegetables. Squeeze all the juice out. *note 2
- 3 Place the zucchini and carrots into a large mixing bowl along with the peas and sweetcorn. Add the cheese, milk, yogurt, olive oil, egg and parsley. Stir until combined.
- 4 Mix the flour and baking powder together and then slowly add to the wet ingredients. Fold in gently, until just combined. *note 3
- 5 Spray a 12 hole muffin tray with oil or grease with butter. Spoon the mixture, equally, between the 12 muffin sections. Bake for 20-25 mins. *note 4

VIDEO

Savoury Vegetable Muffins

RECIPE NOTES

- 1 I used wholemeal plain flour (white whole-wheat). You can replace it with all-purpose (plain) flour or a mix of both.
- 2 Save the juice! Add it to smoothies or pasta sauces etc.
- 3 Don't be tempted to over-stir the mixture. The mixture should be lumpy, thick and looking very messy. It should only take around 10 strokes with your wooden spoon.
- 4 Every oven is different, so while you should still follow the bake time in this recipe, use a skewer to test your muffins a couple of minutes before the end of the bake time. Your skewer will come out clean if they are ready.

- **Original Publication:** Jan 2018
- **Updated:** Aug 2023 (Incorporating reader feedback and retesting)
- **Changes Made:** Added salt and parsley for enhanced flavour. Reduced baking powder from 3tsp to 2tsp to address metallic taste feedback.

Nutritional facts are an ESTIMATE only, calculated using an online nutrition calculator. They should be used as a rough guide only.

NUTRITIONAL FACTS

Serving: 1muffin | **Calories:** 185kcal | **Carbohydrates:** 18g | **Protein:** 8g | **Fat:** 10g | **Saturated Fat:** 3g | **Polyunsaturated Fat:** 1g | **Monounsaturated Fat:** 4g | **Trans Fat:** 0.003g | **Cholesterol:** 39mg | **Sodium:** 191mg | **Potassium:** 219mg | **Fiber:** 3g | **Sugar:** 2g | **Vitamin A:** 1834IU | **Vitamin C:** 6mg | **Calcium:** 148mg | **Iron:** 1mg

Course: Lunch / snack **Cuisine:** Muffins **Diet:** Vegetarian

DID YOU MAKE THIS RECIPE?

Tag me on Instagram at @healthylittlefoodies or leave me a comment & rating below.

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About Amy

Amy Whiteford runs the blog Healthy Little Foodies. She is a mum to two, has a BSc (Hons) Food Science, PGDE Primary Education and a Certificate in Childhood Nutrition. She uses her experience and knowledge to create healthy and delicious recipes for kids. Explore the site for creative ideas, tips, and inspiration! [Read more](#)

Comments

Erika

September 05, 2024 at 12:22 pm

About how many cups of each fresh veggie are used? I have already grated carrots and need to know how much to put in. Thanks!

[REPLY](#)**Amy**

September 07, 2024 at 11:19 pm

Hi Erika, sorry I would have to go and physically check the cup amount for the carrot/zucchini. One medium carrot and one medium zucchini plus 1/4 of each corn and peas.

[REPLY](#)**Carly**

September 02, 2024 at 9:42 am

hi

could I make these without the cheese?

or just very little cheese?

thanks

[REPLY](#)**Amy**

September 05, 2024 at 2:53 am

Hi Carly, you can but I would be looking to flavour in other ways - fresh herbs, spices, garlic/onion powder etc.

[REPLY](#)**Sarah**

July 31, 2024 at 3:13 am

Easy lunchbox recipe added alternative veg (spinich, capsicum, shallots) with zucchini and carrot. Added garlic powder, salt pepper onion powder, basil, oregano but they turned out very bland. Will try a stronger cheese in the future, maybe Parmesan.

[REPLY](#)**Amy**

July 31, 2024 at 11:31 pm

Thanks for the feedback Sarah. Parmesan and /or a mature cheddar would be good.

[REPLY](#)**Janne**

July 26, 2024 at 4:37 am

Tried those twice. Tense and try both times. Not good.

[REPLY](#)**Amy**

July 30, 2024 at 1:36 am

Sorry you didn't have success with the recipe. I'm curious to know, did you use cup measurements or gram?

[REPLY](#)

Heloisa Lopes

August 18, 2024 at 11:31 pm

I absolutely love these muffins! It became the go-to recipe for my kids, I've already baked them a dozen times. I vary the vegetables, but always keep the same amount provided in the recipe. I also add half a cup of shredded chicken or meat, to increase the protein, and use grated parmesan as the cheese. They always turn out wonderful!

REPLY

Amy

August 21, 2024 at 10:21 am

Thanks Heloisa, do glad you love them!

REPLY

Virginia

September 03, 2024 at 12:54 am

I made these for the first time and they are delicious! I made them for myself as I wanted a healthy option for a snack. I am on a weight loss mission so showed the recipe to my dietician & she fully approved them. I found the muffins very tasty and light & fluffy in texture.

REPLY

Amy

September 05, 2024 at 2:49 am

Excellent, thank you 😊

[REPLY](#)**Anja**

July 16, 2024 at 1:04 pm

How long will the muffins last stored in an airtight container?

Thanks

[REPLY](#)**Amy**

July 19, 2024 at 2:48 am

Hi Anja, sorry for the delay. They will last 1-3 days, depending on the humidity/temp in your house. Please read the "storage instructions" section for more information. Thanks, Amy

[REPLY](#)**Beatriz**

June 26, 2024 at 4:02 pm

These sound great and want to make them. Can I use can corn?

[REPLY](#)**Amy**

June 27, 2024 at 5:12 am

Hi Beatriz, canned corn kernels should work. I'd just make sure to rise and drain them. Amy

[REPLY](#)**Rochelle Mazzella**

June 22, 2024 at 1:46 pm

Are these okay to freeze?

[REPLY](#)**Amy**

June 27, 2024 at 5:16 am

Hi Rochelle, yes you can freeze them. Please see section above called "storage Instructions" for more info 😊

[REPLY](#)**melina mitri**

August 09, 2024 at 6:24 pm

Where are the storage instructions I can't find that section?

[REPLY](#)**Amy**

August 14, 2024 at 4:48 am

Just under the first image there is a contents section and you can click on "storage instructions". Alternatively just scroll a little bit up, past the recipe card and you will see it there. Amy

[REPLY](#)**Heloisa Lopes**

August 18, 2024 at 11:33 pm

Yes! I freeze them to make sure I always have a healthy snack for my kids. I just pop one in the microwave for 40 seconds and it's perfect.

[REPLY](#)**Panny**

June 19, 2024 at 11:00 pm

These were my go to from when bub was 12 months - I took them on the go every day!! Now that she's a fussy eater I appreciate how many veggies are packed into them. Will reintroduce them now that she's almost two in hopes she rediscovers how good they are!

[REPLY](#)**Amy**

June 20, 2024 at 3:08 am

Fingers crossed she still likes them 😊

[REPLY](#)[« Older Comments](#)

★★★★★ 4.76 from 371 votes ([156 ratings without comment](#))

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Hi, I'm Amy!

A Food Scientist and Mum to two. I'm here to help you raise adventurous little foodies.

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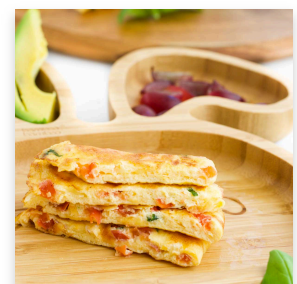
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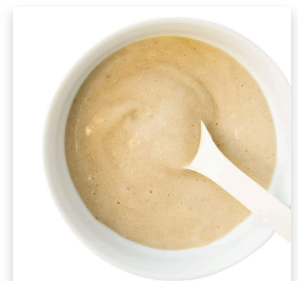


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