



*Perfect recipe
for collective kitchens*

Zucchini and Cheddar Muffins

To calculate the amount needed for each ingredient: Amount of the basic recipe X Number of recipes = Total Amount

Ingredients	Amount	Number of recipes	Total amount
All-purpose flour	310 ml (1 ¼ cup)		
Baking powder	10 ml (2 tsp.)		
Salt	1 ml (¼ tsp.)		
Grated zucchini	500 ml (2 cups)		
Eggs	2		
Brown sugar	30 ml (2 tbsp.)		
Milk	125 ml (½ cup)		
Cheddar cheese, grated	375 ml (1 ½ cups)		

PREPARATION 20 MIN
COOKING 30 MIN
SERVINGS 9

Preparation

- Preheat the oven to 350 °F and position the rack in the centre.
- Oil a 9-cup muffin tin or line it with paper liners.
- In a bowl, combine all the dry ingredients, then set aside.
- With your hands, squeeze the grated zucchini to drain excess water, then set aside.
- In another bowl, whisk the eggs with the brown sugar and milk.
- Add the zucchini and cheddar and stir.
- Add the dry ingredients and mix just enough to form a batter.
- Spread the mixture into the muffin tin, then bake for 30 minutes.
- Let stand for at least 20 minutes before unmoulding.

Source : Trois fois par jour

