

SOBC Winter Warrior Challenge

Healthy, nutritious and simple recipe
For Breakfast or a great snack





Torben bakes:

Carrot Zucchini and Oatmeal Muffins





Let's get started



Ingredients:

- ½ cup rolled oats
- 1 cup all purpose flour
- 1 ½ cups whole wheat flour
- 1 ¼ cups sugar
- 1 tbsp non alum. Baking powder
- 1 ½ tsp. cinnamon
- ½ tsp salt
- 4 eggs
- ¾ cup oil
- 1 cup grated zucchini
- 1 cup grated carrot
- ¾ cup dried currants



Instructions:

- Preheat oven to 350 degrees F.
- Line 12 muffin molds
- After grating zucchini and carrot squeeze as much liquid out as possible
- Mix dry ingredients in a large bowl and set aside
- In a separate bowl mix eggs, oil grated zucchini and carrots
- Combine wet and dry ingredients
- Fill your muffin molds about $\frac{3}{4}$ full and bake for 20 minutes
- Check with a toothpick to see if they are done
- Enjoy!



Mixing the ingredients

Filling the molds and checking if the muffins are done





Enjoy!

- Thanks to my tutor Debbie for helping me with cooking healthy recipes each week!