

MINI GARDEN VEGGIE MUFFINS

**Makes 12 small muffins - a perfect grab and go snack or lunch box addition*

Note: Instructions in parentheses are simple ways young children (age 3-5) can help with the recipe

Ingredients:

- 1 cup grated zucchini (squeeze out extra water)
- 1 cup grated carrot
- 1 cup shredded cheddar cheese
- 2 eggs
- 1/4 cup melted butter or oil
- 1/2 cup plain yogurt or sour cream
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 3/4 cup all-purpose flour (or gluten-free if needed)
- Optional: a pinch of garlic powder or dried herbs like dill or basil



Directions:

1. Preheat your oven to 350°F and grease or line a mini muffin tin. (Adult step — best handled by grown-ups.)
2. In a large bowl, whisk together the eggs, yogurt, melted butter, and salt. (Children can help crack eggs into a bowl, spoon in yogurt, and sprinkle in salt.)
3. Add the grated vegetables and cheese, and stir to combine. (Children can add the carrot, zucchini, and cheese to the bowl and mix with a big spoon.)
4. In a separate bowl, mix the flour, baking soda, and baking powder. Add to the wet mix and stir gently. (Children can scoop and pour pre-measured dry ingredients, then help stir the batter gently.)
5. Scoop the mixture into muffin cups, filling each about 3/4 full. (Children can help spoon the batter into the muffin tin — a fun, slightly messy job they love!)
6. Bake for 18–22 minutes, until golden and firm to the touch. Cool slightly before enjoying. (While they bake, children can help set a timer and help tidy up.)
7. Try them warm under the Mayday Tree — it's the perfect place to savour the season.