

# Veggie muffins

These muffins are a great way to get kids (and yourself) to eat more vegetables.

**Preheat oven 176 C (350 F)**

*(Recipe ingredients are highlighted in red)*

**In a large bowl, combine:**

- 1 banana, mashed
- 1 medium apple or pear, grated
- 2 cups grated or finely chopped of any of the following: Carrots (purple, white, or orange), beets, broccoli, zucchini, cauliflower, peas, corn, spinach, kale, or chard (change it up often: use two or more, each time you make this recipe)
- ½ cup fresh or canned pumpkin (398 mL), butternut squash, or other squash. If using canned, make sure the can says *pure pumpkin*; read the label. Avoid the sugar-rich “pumpkin filling.” You can freeze the rest of the can’s ingredients to use next time, or double the recipe
- 1 tsp pure vanilla extract
- 1 egg beaten

**In a smaller bowl:**

- ½ cup dates, grated or chopped into very small pieces. I use the “bricks” of dates found in a store’s baking aisles, as these are much easier to grate or chop. Heat the dates with a few tablespoons of water in your microwave for about one minute, or until they are soft enough to mash. Mash them into a paste then mix them into the bowl of ingredients listed above.

**In another large bowl, sift together:**

- 1 cup flour (Use your preference of flour, but spelt, wheat or kamut are lighter, allowing the muffins to rise, despite all the other ‘heavy’ ingredients)
- ½ cup quinoa flakes (or you can use quick-cooking oat flakes). You can also omit the quinoa or oat flakes and use an extra ½ cup of flour. This will allow the muffins to rise even more. I added the flakes to cut down on the flour: Flakes are a *little less* refined than flour.
- 1 tsp baking soda
- **Optional:** for a chocolate version, add 2 TB unsweetened cocoa powder

**Combine both bowls together (wet into dry ingredients).**

**Lightly grease a muffin pan** (or use paper cupcake liners), or use a nonstick muffin pan. Bake for 25-30 minutes at 176 C (350 F). Makes approximately 12 muffins. Cool, then refrigerate for up to five days or freeze for longer.

**NOTE:** There are lots of options listed in the recipe above. I always use different vegetables each time I make this recipe. It’s so important to include a wide variety of foods in your diet, to benefit from the many different nutrients our foods offer. Therefore, try to change up the foods you eat at each meal every day – and that includes alternating the ingredients you use in these muffins!

**Recipe designed Oct 2021 by Eve Lees,  
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