

Zucchini, Corn & Mozzarella Egg Muffins



Preparation time:	35 mins
Serves:	6 people
User Rating:	★★★★☆

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What's not to like about a zucchini, corn and mozzarella egg muffin? Plenty of veggies and stringy cheese for the ultimate cheese stretch when eaten warm.

Whether you're grabbing one for on the go or a quick bite to get you through to lunch, these delicious egg muffins won't dissappoint!



Ingredients

- 6 eggs
- ½ cup milk
- 2 tbsp plain flour
- 2 zucchini, grated
- 2 x 125g can sweet corn kernels, drained
- ¾ cup grated mozzarella

Method

1. Preheat oven to 180C. Line 6 Texas muffin moulds with paper cases.
2. Whisk eggs, milk and flour in a medium bowl. Grate zucchini and using your hands, squeeze as much liquid as possible from zucchini. Add zucchini, corn and mozzarella to egg mixture and season with salt and white pepper. Spoon the mixture into prepared muffin cases.
3. Bake for 20-25 minutes or until puffed and cooked through. Transfer to a wire rack to cool.
4. Serve or wrap cold muffins in plastic wrap. Place wrapped muffins into clip lock bags or airtight containers and place in freezer for up to 2 months.