

# Kiwi Organics Cookbook

## vegetable cornbread muffins

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The best thing about this muffin is that you can use your favourite veges. Our favourite is tomato, green chillies, corn and onion. It goes great with a hot bowl of soup.

### ingredients

- 2 cups KO Cornmeal
- ½ cup rice flour
- ¼ cup potato flour
- ¼ cup tapioca flour
- 1 tbsp baking powder
- 1 tsp salt
- ½ cup water
- 2 eggs
- ¼ cup oil
- 1 small tomato, chopped
- ½ cup grated zucchini
- ½ cup grated carrot
- 1½ tbsp onion, finely chopped
- ½ cup corn

Preheat oven to 180°C

Thoroughly mix the cornmeal, rice flour, potato flour, tapioca flour, baking powder and salt in a large bowl.

In a separate bowl mix together the remaining ingredients and stir to combine.

Add the wet ingredient mix to the dry ingredients and stir until combined into a uniform batter mix.

Lightly oil a muffin pan and pour the mix into the tins. Bake for 20 minutes or until they become golden brown.

The time varies depending on the size of your muffins tins.

