

## Rainbow Muffins

**Serves:** 12 muffins or 24 mini

**Prep time:** 15 minutes

**Cook time:** 15-20 minutes

Shredded vegetables hide beautifully in this yummy muffin. Have this alongside a smoothie and you will be tearing up the ice. Make a double batch and individually wrap for grab and go snacks.

Try substituting quinoa flour for whole wheat flour (reduce by 3 tbsp/ 45 mL) Find quinoa flour in the natural food stores or organic sections of most grocery stores.

### Ingredients

1-1/2 cups (375 mL) whole wheat flour or quinoa flour

1 cup (250 mL) oat bran or wheat bran

1 teaspoon (5 mL) each: baking soda, baking powder and cinnamon

1 1/2 cups (375 mL) blueberries

1 cup (250 mL) shredded zucchini or carrots

1 apple, cored and shredded (about 1 cup/250 mL)

1 egg, lightly beaten

1 cup (250mL) milk

1/4 cup (50 mL) each: vegetable oil and maple syrup

### Directions

1. In large bowl, combine flour, oat bran, baking soda, baking powder and cinnamon; mix well.
2. Add blueberries, zucchini, apple, egg, milk oil and maple syrup; stir until just combined.
3. Divide evenly among greased or paper-lined muffin cups.
4. Bake in 400 F oven for 15 to 18 minutes or until tops are just firm to the touch.

Source: [www.foodlandontario.ca](http://www.foodlandontario.ca) or [www.foodthought.com](http://www.foodthought.com)

[www.carhahockey.ca/fitforhockey](http://www.carhahockey.ca/fitforhockey)

