

Apple, Zucchini & Squash Muffins

With Orange and Vanilla Buttercream

Season: Summer/Autumn

Type: Dessert or snack

Difficulty: Moderate

Serves: 40 small muffins

Fresh from the garden: Zucchini; Squash

Recipe source: Jodie Sparshott – kitchen volunteer

<p>Equipment:</p> <ul style="list-style-type: none"> • Muffin tins • Muffin/cupcake paper cases • 2 mixing bowls • Electric mixer and bowl • Whisk • Fork to mix • Spatula • Dessert Spoon • Microplane/ zester • Juicer • Piping bag or knife 	<p>Ingredients Muffin:</p> <ul style="list-style-type: none"> • 4 cups self-raising flour • 1 cup brown sugar • 2 teaspoons cinnamon • 4 eggs, lightly beaten • ½ cup vegetable oil • ½ cup soft butter • 2 teaspoons vanilla essence • 2 cups Granny Smith apple, peeled and grated (about 2 apples) • 1 cup zucchini, peeled and grated (about 1 zucchini) • 1 cup squash, peeled and grated (about ½ a squash) <p>Ingredients Icing:</p> <ul style="list-style-type: none"> • 250g butter, cubed, at room temperature • 450g pure icing sugar, sifted • Zest of one orange, and 2 tablespoons of juice • 1 vanilla pod
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What to do (Muffins):

- Preheat oven to 160°C (fan-forced).
- Put muffin cases in a muffin tin
- In a bowl, combine the flour, brown sugar and cinnamon. Sift or stir with a whisk to remove any lumps.
- In a separate bowl, mix the eggs, oil, soft butter, vanilla essence, apple and zucchini.
- Pour the wet ingredients into the dry ingredients and use a spatula to turn the mixture until all ingredients are just moist.
- Spoon mixture evenly into muffin cases and bake for 20-25 minutes.
- Make sure they are cool before icing.

What to do (Icing):

- Zest then juice the orange (you only need a little juice), cut the vanilla pod along its length then scrape out the seeds with the edge of a knife.

- Cream the butter in an electric mixer for 1-2 minutes until fluffy, then gradually add the icing sugar, vanilla bean seeds and orange zest and juice.
- Continue to mix until the mixture is nice and fluffy but not for too long or it will melt.
- Ice the muffins using a small knife or use a piping bag – make sure the muffins have cooled to room temperature (you can put in the fridge for a while).

Notes

The original recipe uses zucchini and apple, so it should work well with other similar vegetables and probably carrots too (I recently used banana instead of apple and added some walnuts). The muffins aren't too sweet so are a good balanced snack, but a bit more of a treat with icing. You could leave out the icing and add a few sultanas if you prefer. I really like them with honey instead of brown sugar too.