

CHEESE, CHICKEN, AND ZUCCHINI MUFFINS

MAKES 22 MUFFINS (2 MUFFINS PER SERVING)

Make a batch of these savory muffins and freeze them. Then, just defrost them in the microwave for a quick, nutritious breakfast—or a complete snack—that includes all of the food groups.

8.8 ounces (250 g) cooked mashed potato
1 cup (235 ml) water
¼ cup (60 ml) light olive oil
2 eggs, lightly beaten
½ cup (79 g) white rice flour
¼ cup (32 g) tapioca flour
¼ cup (48 g) potato starch
2 teaspoons (9 g) baking powder
½ teaspoon salt
1 teaspoon ground turmeric
¼ teaspoon ground black pepper
1 zucchini, finely chopped
4.4 ounces (125 g) Camembert, diced
3.5 ounces (100 g) cooked chicken,
chopped

Preheat the oven to 350°F (180°C, or gas mark 4). Grease two 12-cup muffin pans with oil. Combine the mashed potato, water, oil, and eggs. Sift the dry ingredients together and then gently fold the wet ingredients into the dry. Stir in the zucchini, cheese, and chicken and combine (but do not overmix). Spoon the batter into the muffin pans, filling each cup full. Bake for about 20 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let the muffins cool on a wire rack before serving. Store leftovers in the fridge for 3 days or freeze for up to 3 months.

