# Vegetable and cottage cheese muffin cups with carrot and cauliflower

NZB-1056 · Savoury breakfasts · Warm · 10 children

## INGREDIENTS

wholemeal flour · 250 g

plain cottage cheese · 240 g

pasteurised milk · 160 mL

eggs · 3 each

baking powder · 10 g

canola oil · 20 mL

carrot · 190 g

cauliflower · 190 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative family serving; produce varies by recipe.

## PREPARATION

1. Peel and finely dice carrot, then steam until spoon-soft and mash.
2. Steam cauliflower florets until very soft and mash.
3. Whisk eggs, milk, cottage cheese and oil. Fold in flour, baking powder and cooled well-drained vegetables. Divide into 10 lined cups and bake at 180°C until set with no wet batter. Serve soft pieces.
4. Divide the finished batch into 10 starting portions. Adjust texture and portion for the individual child.

## SERVING TEXTURE

Serve soft, manageable pieces or a moist mash. Seat and supervise children while eating. Use each child's feeding plan where applicable.

## ALLERGEN CHECK

Milk, egg, wheat (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

## SHARED INGREDIENTS

plain cottage cheese, pasteurised milk, eggs, canola oil, carrot, cauliflower

Approx. preparation 15–20 min + an extra 10-minute serving allowance. Cooking time varies. Estimates are not kitchen-tested.



Provisional batch for 10 children aged 3–5. Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.