**Vegetable, Ham & Noodle Muffins**

**Type:** Dessert  
**Serves:** 24 Tastes

**Fresh from the garden:** pumpkin, zucchini, carrot, eggs

**Recipe Notes:** Can use any vegetables in this recipe. This is a great recipe for using those spare vegetables and is very easy to make. The ham can be optional as well.

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**EQUIPMENT:**
- Muffin tins
- Measuring cups
- Measuring spoons
- Large bowl
- Knife
- Chopping boards
- Wooden spoon
- Grater

**INGREDIENTS:**
- 2 x 85g chicken 2 minute noodles
- 3 cups grated vegetables (carrot, zucchini, pumpkin, etc)
- ½ cup light sour cream
- 2 eggs, lightly beaten
- ½ cup tasty cheese
- ½ cup chopped ham

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**What to do:**

1. Grease muffins tins with olive oil.
2. Cook noodles as directed keeping aside the flavour sachets.
3. Drain and rinse. Place in bowl.
4. Add flavour sachets, grated vegetables, eggs, sour cream and ham.
5. Spoon into muffin tins. Top with cheese.
6. Bake at 180 C for 30 - 35 minutes or until set.