**Mini Veggie Muffins**

*Ingredients:*

1 cup veggies, grated or finely chopped (suggestions: carrots, zucchini, squash, peppers, onions)  
2 eggs, beaten  
2 cups quinoa   
½ cup parsley, finely chopped  
1 cup almond or rice milk  
Pinch of sea salt

*Directions:*

1.    Preheat oven to 325 ˚F.  
2.    Mix flour and salt in a bowl.  
3.    Make a well, add eggs, veggies and parsley.  
4.    Mix lightly, gradually add milk. This is supposed to be lumpy so don’t work too hard!  
5.    Spoon into a mini muffin tray that is lightly oiled.  
6.    Bake for 12-15 minutes.  
7.    Remove and allow to set for 10 minutes, then serve with coconut oil.