**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.