



ZUCCHINI MUFFIN PARFAIT WITH NUTELLA®

Yogurt parfait | Vegetarian | Lunch | Dinner | All year round



Yields: 12 Parfaits

Portion: 1 Parfait

- 12 – 56 g zucchini muffin cut in half horizontally
- (option: plain, apple muffin)
- 1,5 l plain yogurt
- 170 g Nutella®

MUFFIN MIXTURE

- 720 ml all-purpose flour
- 18 g salt
- 18 g baking soda
- 18 g baking powder
- 4 eggs
- 240 ml vegetable oil

- 54 g vanilla
- 240 ml grated zucchini
- 240 ml chopped hazelnuts

Make muffin recipe by mixing all dry ingredients together.

Beat eggs, oil and vanilla then add dry ingredients and mix together.

Fold in grated zucchini and place 56 g of batter into a well oiled muffin pan.

Bake in 160°C oven for 25 to 35 minutes.

OPTIONS

Plain muffin - omit zucchini

Apple muffin - replace zucchini with 360 ml diced apples

ASSEMBLY

Place bottom half of muffin in parfait glass with 7g Nutella®.

Add 120 ml of plain yogurt. Top with top part of zucchini muffin.

Spread or dollop muffin with 7 g Nutella®.
