



ZUCCHINI MUFFIN PARFAIT WITH NUTELLA®

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

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Yields: 12 Parfaits

Portion: 1 Parfait

Ingredients

- 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

Procedure:

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®.