

## Corn Bread-Zucchini-Carrot-Chives

12 muffins

### Ingredients:

1 cup	Cornmeal
1 cup	Flour
1/3 cup	Brown, or regular sugar
2 teaspoons	Baking powder
1/2 teaspoon	Baking soda
1/2 teaspoon	Salt
1 cup	Kefir or milk
2	Eggs
4 tablespoons	Butter, melted, or oil
1 cup (1 small)	Zucchini, shredded
1 cup (1 medium)	Carrot, shredded
2 tablespoons	Chives, chopped
Garnish: 1 small zucchini, thinly sliced	

### Directions:

Preheat oven to 375F. Grease muffing pans or 9X9 inch pan. Place zucchini in colander sprinkle 1/2 teaspoon salt over zucchini. Set aside. this will release water from veggie. Squeeze juice out of zucchini so it's moist but not dripping wet.

Now prepare garnish. Take another zucchini, cut both ends an dashingly slice. You need one slice for each muffin cup.

In a bowl mix together: cornmeal, flour, brown sugar, baking powder, baking soda.

In another bowl combine kefir, eggs, melted butter, zucchini, carrot and chives. Now add this mixture to flour mixture stir with a spoon to combine. Do not over mix. Mixture will be lumpy. Pout into baking container. Top each muffin with thin ice of zucchini. Bake for 14-16 minutes, until toothpick comes out clean. Cool before removing from mold. Can be made one day ahead, Store well wrapped, at room temperature,