

Fluffy Focaccia-Style Muffins with Vegetables for a Simple Grab-and-Go Bite

Soft, Fluffy Focaccia-Style Muffins Loaded with Veggies



OVEN
375°F

TIME
18 to 22 min

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INGREDIENTS

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon dried Italian seasoning
1/2 teaspoon garlic powder
3 large eggs
3/4 cup plain Greek yogurt
1/3 cup olive oil
1/2 cup milk
1 cup shredded zucchini, squeezed dry
1/2 cup finely diced red bell pepper
1/4 cup finely chopped spinach
1/4 cup grated Parmesan cheese
1 tablespoon chopped fresh herbs, such as parsley or basil

Optional Topping:
Olive oil for drizzling
Flaky salt
Extra herbs
Thin tomato slices

DIRECTIONS

1. Preheat your oven to 375°F and grease or line a 12-cup muffin tin.
2. In a large bowl, whisk together the flour, baking powder, baking soda, salt, Italian seasoning, and garlic powder.
3. In another bowl, whisk together the eggs, Greek yogurt, olive oil, and milk until smooth.
4. Add the wet ingredients to the dry ingredients and stir just until combined.
5. Fold in the zucchini, bell pepper, spinach, Parmesan, and fresh herbs.
6. Divide the batter evenly among the muffin cups, filling each about three-quarters full.
7. Drizzle the tops lightly with olive oil and add any optional toppings you like.
8. Bake for 18 to 22 minutes, or until the tops are lightly golden and a tester inserted in the center comes out clean.
9. Let the muffins cool in the pan for a few minutes before transferring them to a wire rack.
10. Serve warm or at room temperature.

SWAPS & NOTES

These muffins are flexible, which is part of their charm.

Zucchini, peppers, spinach, grated carrot, chopped broccoli, or even corn can all work well here.

The key is to avoid adding vegetables that are too wet unless you squeeze or cook off some of the moisture first.

Greek yogurt helps keep the muffins tender and gives them a slight tang, while olive oil brings the focaccia-inspired richness.

TIPS FOR SUCCESS

Be sure to squeeze the zucchini well before adding it to the batter.

Too much moisture can make the muffins dense or overly soft in the center.

The same goes for any other high-moisture vegetables you decide to use.

Mix the batter gently and only until combined.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fluffy-focaccia-style-muffins-with-vegetables-for-a-simple-grab-and-go-bite/>