

Courgette and Cheese Muffins

Ingredients for 9 muffins

1 courgette
100g cheddar cheese
225g self-raising flour
50ml oil
170ml semi-skimmed milk
1 egg
1 tsp salt
Black pepper

Equipment

6 or 9 muffin cases, muffin tin, chopping board, knife, grater, measuring jug, mixing bowl, white plastic spoon, 2 metal spoons, cooling rack.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Cut the ends off the courgette.
4. Grate the courgette and cheese.
5. Use a white plastic spoon to mix all the ingredients together to form a smooth batter for 2 minutes.
6. Divide the mixture equally between the muffin cases using 2 metal spoons.
7. Bake for 25 minutes, until golden.
8. Allow to cool on a cooling rack.

Alternative Ingredients which can be added:

Chorizo
Feta cheese
Sundried tomatoes
Parmesan
Olives
Bacon
Onion
Carrot
Spices—cumin