

Courgette and Cheese Muffins

Ingredients

- 1 small courgette
- 100g cheddar cheese
- 225g self-raising flour
- 50ml oil
- 175ml semi-skimmed milk
- 1 egg
- Black pepper



Method

1. Heat the oven to 200°C.
2. Place 12 muffin cases in a muffin tin.
3. Wash the courgette, remove the ends and grate finely.
4. Grate the cheese.
5. Mix all the ingredients together in a mixing bowl to form a smooth batter.
6. Divide the mixture equally between the muffin cases using 2 spoons.
7. Bake for 20 minutes until golden.
8. Cool on a wire tray.

Variation –substitute the courgette with a small onion, red pepper or mushrooms; add 50g cooked bacon or ham



Name