

Morish muffins



Ingredients

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

Equipment

12 muffin cases, muffin tin, chopping board, vegetable knife, grater, mixing bowl, measuring jug, mixing spoon, 2 spoons, oven gloves, cooling rack.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Top, tail and halve the courgette.
4. Grate the courgette and cheese.
5. Put all the ingredients into the bowl.
6. Mix all the ingredients together.
7. Divide the mixture equally between the muffin cases using 2 spoons.
8. Bake for 20 minutes, until golden.
9. Allow to cool on a cooling rack.

Handy hints

- Use oven gloves when putting food into, and taking food out of, the oven.
- Try using a grated carrot instead of courgette.
- Try different types of cheese e.g. Feta, Edam.
- Try adding a 1x 5ml spoon of mustard.

Makes 12