

Courgette and cheese muffins

Ingredients

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

Method

1. Preheat the oven to 220°C
2. Place the muffin cases in the muffin tin
3. Cut the ends off the courgette
4. Grate the courgette and cheese
5. Mix all the ingredients together 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. Allow to cool on a cooling rack

Top tips

Try using a grated carrot instead of courgette
Add finely sliced chilli or ginger for a different flavour
Crumble in a little crispy grilled bacon
Try different types of cheese eg feta, edam
Try adding a little mustard