

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

Equipment

12 muffin cases, muffin tin, chopping board, knife, grater, measuring jug, mixing bowl, wooden spoon, 2 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 of the courgette.



4. Grate the courgette and cheese.



5. Mix all the ingredients together to form a smooth batter.



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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.

