

# 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.
  1. Cut the ends of the courgette.
  2. Grate the courgette and cheese.
3. Mix all the ingredients together to form a smooth batter.
4. Divide the mixture equally between the muffin cases using 2 spoons.
5. Bake for 20 minutes, until golden.
6. 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 e.g. feta, Edam.
- Try adding a little mustard.

## Food skills

- Weigh.
- Measure.
- Grate.
- Cut.
- Mix, stir and combine.
- Divide.
- Bake.

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