

Savoury Muffins

Ingredients

225g self-raising flour (wholemeal would be best)

50ml oil

175ml milk

1 egg

100g cheddar cheese

1 small courgette (skin left on)

1 small onion

black pepper

You will also need:

12 muffin cases

container to take them home



Method

1. Set the oven to 190°C
2. Peel and finely chop the onion
3. Wash then cut off the ends of the courgette and grate it into the mixing bowl with the cheese and onion
4. Add the flour, oil, milk and beaten egg and season with ground black pepper
5. Mix the ingredients together with a spoon
6. Spoon the mixture equally into the muffin cases
7. Bake for 20 minutes, or until well rises and golden brown in colour

These muffins are great warm or cold and go well as a side dish with soups and stews.