

## Courgette and Cheese Muffins

### Ingredients

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



### Equipment

Weighing scales, measuring jug, chopping board, vegetable knife, grater, mixing bowl, wooden spoon, 2 metal spoons, 12 muffin cases, muffin tin, cooling tin.



### 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.



