



COURGETTE MUFFINS

Makes 12 muffins

INGREDIENTS

For the muffins

110g white self-raising flour
125g soft brown sugar
1 tsp mixed spice
½ tsp ground ginger
½ tsp baking powder
110g wholemeal self-raising flour
85g unsalted butter, melted
180ml milk
1 egg, lightly beaten
125g courgette, finely grated
125g raisins or sultanas
1 tsp demerara sugar

METHOD

- 1** Line a deep muffin tray with 12 paper cases.
- 2** Sieve together the white flour, sugar, mixed spice, ginger, and baking powder. Then sift in the wholemeal flour and save the remaining bran in the sieve.
- 3** Melt the butter, allow to cool a little, and then mix with the milk and egg.
- 4** Stir the grated courgette and raisins into the flour mixture and then add the milk/egg mixture. Mix well – it will be quite runny, as is usual for a muffin mix.
- 5** Fill each paper case with the muffin mix, dividing it equally between the 12 cases.
- 6** Mix together the reserved bran and demerara sugar and sprinkle a little on the top of each muffin. Bake for around 25 minutes, until risen and golden brown.