Zesty courgette muffins

Ingredients

Makes 24 mini muffins

oil spray

1 cup white flour

1 tablespoon baking powder

pinch salt

1 cup wholemeal flour

2 tablespoons sugar

½ teaspoon cinnamon

2 teaspoons orange zest

1-2 courgettes, grated

1 egg

¾ cup milk

¼ cup orange juice

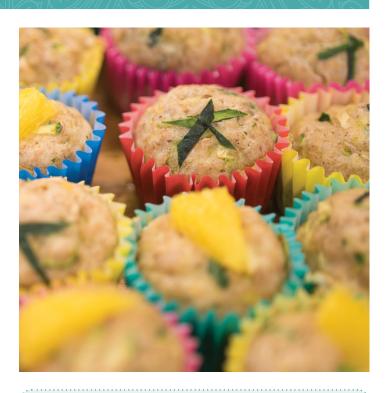
¼ cup oil

Method

- 1. Preheat oven to 180°C, spray muffin pans with a little oil.
- 2. In a large bowl, sift white flour, baking powder and salt. Add wholemeal flour. Mix well.
- 3. Stir in sugar, cinnamon, orange zest and courgettes. Make a well in the centre.
- 4. In a small bowl, beat egg, milk, juice and oil together, then pour into dry ingredients, stir until just combined. Spoon mixture into the muffin pans.
- 5. Place in preheated oven and bake for 12-15 minutes until golden. The muffins are cooked when a skewer comes out clean when inserted into the middle.
- 6. Allow to cool slightly then transfer to a wire rack to cool completely.

Variations

- Use grated carrot in place of the courgette.
- Garnish with sliced orange flesh or grated courgette peel.



Equipment

- Dessert spoon
- Egg beater or whisk
 - Grater
- Large bowl
- Measuring cups
- Measuring spoons
- Mini muffin pans
- Sieve
- Small bowl
- Wire cooling rack
- Wooden spoon

Preparation and cooking skills

Bake, beat, grate, mix, sift, stir, zest.

Nutrition

 Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.



