

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.