



Courgette & feta muffins



Prep: 15 mins
Cook: 20 mins



Easy



Makes 9



Ingredients

200g self-raising flour

1 tsp baking powder

½ tsp bicarbonate of soda

½ tsp cumin seeds

1 large egg

150ml buttermilk

5 tbsp sunflower oil

1 small courgette (about 140g/5oz) grated and squeezed to remove any liquid

100g feta, crumbled

Method

- Step 1** Heat oven to 200C/180C fan/gas 6 and line 9 holes of a muffin tray with paper cases. In a bowl, combine the flour, baking powder, bicarbonate of soda, cumin and 1/4 tsp salt.
- Step 2** In a jug, whisk together the egg, buttermilk and oil. Pour the wet ingredients into the dry, and add the courgette and half the feta. Stir to just combine, but don't overmix.
- Step 3** Divide the mixture between the muffin cases, and top with the remaining feta. Bake for 18-20 mins until golden brown. A skewer inserted to the centre of a muffin should come out clean and dry when the muffins are cooked. Cool on a wire rack. Will keep for 2 days in an airtight container.

