



BACON & COURGETTE MUFFINS

These savoury muffins are easy to make. They are moist and delicious served warm for breakfast or as a savoury snack.
Makes 6.

INGREDIENTS

- 6 rashers back bacon - grilled until crispy
- 225g self-raising flour
- 50g butter - softened
- ground black pepper
- 1 courgette - coarsely grated
- 75g Cheddar cheese - grated
- 2 medium-sized eggs - beaten
- 175ml milk

EQUIPMENT

- mixing bowl
- chopping board
- grater
- sharp knife
- tongs
- fork
- measuring jug
- small bowl
- 6 hole non-stick muffin tray or 6 muffin cases on a baking tray
- cooling rack

HOW TO MAKE IT

1. Heat the oven to 200°C/Gas 6. Grease the muffin tray (if using).
2. Put the flour in the mixing bowl and with the fork 'mash' in the soft butter until it is evenly mixed. Stir in the bacon, pepper, courgette and half of the cheese.
3. Beat the eggs and milk together and add to the rest of the ingredients. Mix quickly and lightly until all ingredients are only just combined.
4. Spoon the mixture into the muffin tray or cases. Sprinkle with the reserved cheese. Bake

for 15 - 20 minutes until risen and golden brown.

HOT TIPS: Cook the bacon well so that it is crispy.

Mix the ingredients quickly and lightly to make lighter muffins.