



CHOCOLATE & COURGETTE MUFFINS – MAKES 6



Get the children busy in the kitchen making these scrumptious muffins. Rich and chocolatey, these muffins are loaded with flavour and have the added benefit of getting more vegetables into your diet.

INGREDIENTS

120g self-raising flour
16g cocoa powder
¼ tsp mixed spice
58ml olive oil
110g golden caster sugar
1 egg
1 small orange (zest only)
½ tsp vanilla essence
150g courgette

ALLERGENS

Contains gluten, eggs & dairy.

DIETARY COMPONENTS

Courgettes contain antioxidants that slow down the ageing process and help the reconstruction of brain cells. In fact, studies show that the vitamin E and omega 3 fatty acids found in courgettes help stimulate the body in absorbing fat-soluble antioxidants, thus, helping improve the memory.

EQUIPMENT

Mixing bowl
Weighing scales
Measuring spoons
Sieve
Zester/microplane
Muffin tray
Muffin cases
Grater
Spoons
Spatula
Cooling rack

METHOD

1. Pre-heat the oven to 200C/180C fan/gas 6.
2. Grate then weigh the courgette and place into a bowl. Place to one side.
3. Measure the flour, cocoa powder and mixed spice and sift into a mixing bowl.
4. Measure the olive oil, sugar, egg, vanilla and add to the courgettes. Combine using a spatula.
5. Zest the orange using the microplane, add to the wet mixture and mix.
6. Mix the dry and wet ingredients together to combine.
7. Line the muffin tray with paper cases and carefully spoon in the muffin mixture.
8. Place into the pre-heated oven and bake for 20 minutes or until a knife inserted into the middle comes out clean.
9. Remove from the oven and place onto the rack. Allow muffins to cool for 5 minutes before removing from the tray.