

Nibbly Pig

Courgette and honey muffins

Putting courgettes into a cake is a slightly strange concept as it is using a savoury vegetable in something sweet. It works amazingly well though as it gives the cake crumb a delectable moistness. The addition of the honey provides the sweet tones and gives a helping hand in stopping the muffins from being dry.



Ingredients (makes 9)

50g grated courgette

100g caster sugar

75ml clear honey

75ml olive oil

2 eggs

250g plain flour

1 teaspoon baking soda

¼ teaspoon baking powder

½ teaspoon salt

½ teaspoon ground cinnamon

Orange zest from 1 orange and 3 tablespoons of juice

1 tablespoon of crushed sunflower seeds for sprinkling over the muffins (optional)

Method

Preheat oven to 165°C (fan assisted) or 180°C (conventional).

Add the dry ingredients into a bowl first and gently stir together. Then add the wet ingredients – honey, eggs, oil and courgette. Fold everything together so it is mixed well – be careful not to over mix as this will make the muffins dense and not light.

Divide the mixture between the muffin cases so they are all about $\frac{3}{4}$ full. Sprinkle the crushed sunflower seeds over the top of the cakes, if you want to.

Bake in the oven for 25 minutes. Check the muffins are cooked by inserting a skewer into the centre, it should come out clean if they are done.

Take the muffins out of the tray and leave to cool.

