

Courgette & berry muffins



Food Fact:-

Wholemeal muffins - honey-sweetened and packed with flavour - still manage to be low-fat and good for you. Semi skimmed milk, egg whites and just a little oil make these the healthy choice.

Preparation time 6 mins

Cooking time 6 mins

Servings: 10-12



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Ingredients

1. Combine wholemeal flour, baking powder, salt and ground cinnamon, mix thoroughly.
 2. Mix the milk, slightly beaten egg, oil, honey and grated courgette together.
 3. Pour wet into the dry ingredients, add berries and stir until just barely moistened, do not over mix!
 4. Batter should be thick and lumpy. Spoon batter into paper-lined microwave muffin cups filling cups two-thirds full.
 5. Microwave (high) 6 muffins at a time, uncovered, 2-2 1/2 minutes or until no longer looking doughy on top. Repeat with remaining batter, microwaving 3 muffins 1 1/2-2 minutes.
- **225g (8 oz) wholemeal flour**
 - **1 tablespoon baking powder**
 - **1/2 teaspoon salt**
 - **1 teaspoon ground cinnamon**
 - **175ml (6 fl oz) skimmed milk/soy milk**
 - **2 medium eggs**
 - **4 tablespoons vegetable oil**
 - **4 tablespoons honey**
 - **125gm (4oz) grated courgette**
 - **100gm blackberries/blueberries**

(The mixture will be ok to keep in a fridge for 2-3 days)

