Bacon, Courgette ξ Cheese Muffins*

Prep time: 20 minutes Cooking time: 30 minutes







Ingredients

1 onion, chopped finely

225g / 8oz self-raising flour (wholemeal or white or try ½ and ½)

50g / 2oz margarine

6 rashers of bacon, grilled, fat removed and chopped finely

1 courgette, grated

1 small handful grated cheese

2 eggs, beaten

175ml / 6floz milk

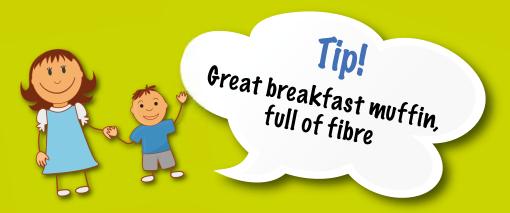
Pinch of black pepper



Method. Preheat oven to 200°c/Gas Mark 6

- Put onion in a dry pan, (containing no oil or fat) and cook until lightly browned
- Line a muffin tray with cases. If you don't have cases, grease and flour the tray to prevent sticking
- In a mixing bowl, mash together the margarine and flour until it is evenly mixed
- Add the bacon, courgette, cooked onion, half the cheese and black pepper and stir
- Beat the eggs into the milk, then stir into the other ingredients, until all the ingredients are combined

 Spoon mixture into the muffin cases. Sprinkle remaining cheese over top. Bake for 20-30 minutes until raised and golden brown (if using white flour will take 15-20 minutes)



* Sourced from Focus On Food