

# PLUCKLEY AND EGERTON GARDEN SOCIETY

## CLASS 60

### OPTIONAL RECIPE FOR COURGETTE AND FETA MUFFINS

#### Ingredients

200g self-raising flour

1 tsp baking powder

½ tsp bicarbonate of soda

½ tsp cumin seeds

1 large egg

150ml buttermilk

5 tsp sunflower oil

1 small courgette (about 140g) grated and squeezed to remove liquid

100g feta crumbled

#### Method

1. Heat oven to 200C/180C fan/gas 6
2. Line 9 holes of a muffin tray with paper cases.
3. In a bowl, combine the flour, baking powder, bicarbonate of soda, cumin and 1/4 tsp salt.
4. In a jug, whisk together the egg, buttermilk and oil.
5. Pour the wet ingredients into the dry and add the courgette and half the feta. Stir to just combine, but don't overmix.
6. Divide the mixture between the muffin cases and top with the remaining feta.
7. Bake for 18-20 mins until golden brown. A skewer inserted to the centre of a muffin should come out clean and dry when the muffins are cooked.
8. Cool on a wire rack.
9. Will keep for 2 days in an airtight container.