

Bacon, Courgette & Cheese Muffins*

Prep time: 20 minutes Cooking time: 30 minutes



Ingredients

- | | |
|---|-------------------------------|
| 1 onion, chopped finely | 1 small handful grated cheese |
| 225g / 8oz self-raising flour (wholemeal or white or try ½ and ½) | 2 eggs, beaten |
| 50g / 2oz margarine | 175ml / 6fl oz milk |
| 6 rashers of bacon, grilled, fat removed and chopped finely | Pinch of black pepper |
| 1 courgette, grated | |



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



Tip!
Great breakfast muffin,
full of fibre