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**Introduction to cooking.**

**Courgette and seed Muffins**

**By Eric Lanlard**

**Ingredients**

* 250g  Plain wholemeal flour
* 2tsp  Baking powder
* 1tsp  Mixed spice
* 200ml  Milk (whole)
* 2  Egg(s) (free range)
* 4tbsp  Vegetable oil
* 4tbsp  Honey clear
* 150g  Courgette(s) shredded

100g  Mixed seeds pumpkin, sesame and sunflower

**Method:**

1. Pre heat the oven to 180oC (160oC fan gas mark 3) and place 12 cupcake cases into a 12-hole cupcake tin.
2. Mix all dry ingredients together
3. Add the milk, eggs, honey and vegetable oil together.
4. Next fold in the shredded courgettes.
5. Place the cake batter into the cupcake cases and sprinkle the seeds on top
6. Place in the oven and bake for 25 minutes.

