

# EAT THEM TO DEFEAT THEM

## Carrot, Courgette and Cheese Savoury Muffins

*Carrots are very versatile vegetables! This recipe is taken from our Primary School recipe collection and are delicious as a savoury snack. It's crunch time carrots!*

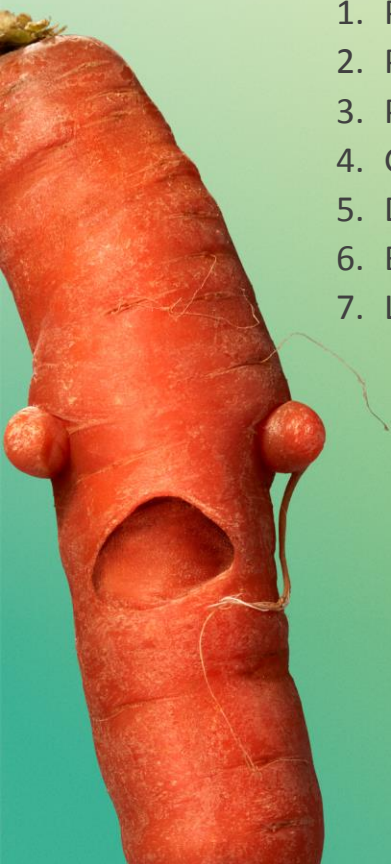
**Makes 12 Muffins**

### Ingredients

1 x Small	Carrot - grated
½	Courgette - grated
100g	Cheddar Cheese – grated
125g	Self-Raising Flour
100g	Self-Raising Wholemeal Flour
50ml	Vegetable Oil
175ml	Milk
1 x	Egg - beaten

### Method

1. Preheat the oven to 200°C or Gas Mark 6
2. Place the muffin cases in to a 12 hole muffin tin
3. Put the carrot, courgette, cheese and flour in to a bowl and mix well
4. Gently add the oil, milk and egg stirring the mixture so it is all combined
5. Divide the mixture equally between the 12 muffin cases
6. Bake for 18-20 minutes until golden brown
7. Leave to cool on a wire rack



**IT'S CRUNCH TIME**