

Zucchini & Cheese Muffins

Bialik College Kitchen Garden Program



Ingredients:

- 1 ½ Cups Self Raising Flour
- 1 Cup grated Zucchini
- ¼ cup chopped Chives
- ½ cup grated Parmesan
- 1 Egg
- ¾ cup Milk
- ¼ cup Olive Oil
- 1/3 cup Sunflower Seeds
- Salt & Pepper for seasoning

Equipment:

- Sifter
- Wooden Spoon
- Bowl
- Muffin Tray

Method:

1. Preheat oven at 190C.
2. Sift flour, salt and pepper in a mixing bowl.
3. Grate zucchini and chop chives. Add zucchini, chives and cheese to the flour.
4. Beat the egg with the milk and oil and then fold through zucchini mixture.
5. Spoon mixture into muffin pans and sprinkle with some sunflower seeds on top of each muffin.
6. Bake at 190C for 15-20 minutes.