

A photograph of courgette and pine nut muffins. Three muffins are arranged on a round, woven wicker tray in the background. In the foreground, a single muffin sits on a light-colored, leaf-shaped paper doily. The muffins are golden-brown, topped with pine nuts and dark blueberries. The text 'Courgette & pine nut muffins' is overlaid in white on the wicker tray.

Courgette & pine
nut muffins

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Courgette & pine nut muffins

Makes 10 | veggie

INGREDIENTS:

1/4 bunch of basil	5g cracked black pepper
550ml skimmed milk	2 eggs
200g courgettes	40g pine kernels
100g feta	40g sultanas
50g parmesan	180ml rapeseed oil
400g self-raising flour	1/2 tsp salt
160g wholemeal flour	
15g baking powder	

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METHOD:

1. Preheat an oven to 170°C.
2. Grate the courgette. Pick and shred the basil. Grate the parmesan. Crumble the feta.
3. Sieve and combine all the dry ingredients. Combine the milk with the oil and the eggs. Whisk the dry ingredients with the oil mixture, until smooth but be careful not to overwork.
4. Fold through the courgette, basil, feta, sultanas, pine nuts and half of the parmesan.
5. Scoop the mixture into lined muffin tins, and finish with the remaining parmesan.
6. Bake in the oven until well risen and golden, approx. 22 minutes. Allow to cool before enjoying.