

COURGETTE MUFFINS

50g courgette, cut into chunks
1 apple, peeled and quartered
1 orange
1 egg
75g butter melted
300g self-raising flour
½ tsp baking powder
½ tsp cinnamon
100g golden caster sugar
handful of sultanas
1 tub soft cheese mixed with 3 tbsp icing sugar, to make icing

A muffin tin lined with muffin cases.
Heat the oven to 190°C (170°C fan/gas 5).

Grate the courgette and the apple into a bowl. Add the juice from the orange and the egg, mix together. Stir in the melted butter. Sieve the flour, baking powder and cinnamon into the bowl. Add the sugar and sultanas. Mix with a spoon until combined, but don't worry about any lumps.

Spoon the mixture into the muffin tin and bake for 20-25 minutes. Allow to cool in the tin and decorate with the icing.