

Savoury Muffins

1 courgette (about 175g grated weight)

4 spring onions, finely chopped

225g self-raising flour

1 roasted red pepper from a jar, drained and finely chopped

100g parmesan, finely grated

Salt and black pepper

2 eggs, beaten

90ml sunflower oil

50-100ml whole milk



Pre-heat the oven to 200C/180C fan/gas mark 6 and line an 8-hole muffin tin with muffin cases. Coarsely grate the courgette into a fine sieve and use clean hands to squeeze out as much liquid as possible over the sink. Tip into a bowl with the spring onions, flour, red pepper, and most of the cheese, along with lots of black pepper and a pinch of salt.

Crack the eggs into a jug, pour in the oil and top up with enough milk to make 300ml. Beat together, then pour into the courgette mixture and mix to a smooth batter. Divide between the cases, top with the remaining cheese and bake for 25-30 minutes until risen, firm and golden brown on top. Leave to cool completely on a wire rack.

Used with kind permission from the Braeport Memory Café at Dunblane Meeting Centre, taken from their recipe book 'Dementia Friendly Dunblane – Our favourite recipes'.

www.dementiafriendlydunblane.org

