

# Harlow Hill Allotment Association

## Courgette and Salad Onion Muffins

### *Ingredients:*

150g self-raising flour  
150g plain flour  
½ tsp salt  
½ tsp pepper  
2 tsp baking powder  
200 ml milk  
150g grated mature cheddar  
2 medium eggs, lightly beaten  
3 salad onions, finely chopped  
150g grated courgettes

### *Method:*

Pre-heat oven to gas mark 4/180°C. Grease a 12 cup muffin tin liberally with butter. (Muffin cases do not work, the mixture sticks)

Combine all the ingredients, place in the tin and bake for 20 mins.