



CHEESY COURGETTE & SWEETCORN MUFFINS

Prep. time 10-15 minutes | Cooking time 15-20 minutes | Serves 4+

These savoury muffins are the perfect entrée to any vegan meal and a real Sheesy treat and just another example of healthy, guilt free nibbles made possible with our dairy free Sheese range.

Ingredients

125g quinoa, brown rice or oat flour
75g chickpea flour
2 teaspoons Italian or mixed herbs
1 teaspoon garlic powder
2 teaspoons paprika
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
Black pepper and salt
Pinch of cayenne pepper
1 courgette, grated
6 tablespoons sweetcorn
75g Bute Island Grated Mature Cheddar Sheese
300ml water
2 tablespoons olive oil

Cooking Method

Preheat the oven to 180 degrees C and lightly grease a 6-hole muffin tin.

Mix together the flours, herbs, garlic, paprika, baking powder, bicarbonate of soda, seasoning in a bowl then stir in the grated courgette, sweetcorn and Sheese to coat.

Now pour in the water and olive oil – you want a nice batter texture – add more water if needed.

Spoon the mixture between the tins to reach the top then bake for about 15-20 minutes until risen and golden.

Leave to cool a little and enjoy warm or leave to cool completely and keep in an airtight container for up to 3 days.

