**Dot’s Muffins**

Ingredients:
125g cheese
225g self-raising flour
175ml milk
55ml oil
1 egg
Large handful of spinach
1 grated carrot
1 grated courgette

Preheat oven to 200 Celsius
Combine all dry ingredients (cheese, flour, veg), patting excess moisture out of veg with kitchen towel.
Mix well.
Add egg, milk and oil to form a gloopy mixture.
Spoon into muffin tins and bake for 20-25 mins.

 