**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.

