

Courgette and Chocolate Muffins

Ingredients for Cakes:

400grams Self Raising Flour
400grams Soft Brown Sugar
400ml Vegetable Oil
4 Eggs
1 Heaped Teaspoon Cinnamon
150grams Cocoa
1 Teaspoon Baking Powder
3 Large Courgettes

Ingredients for Ganache:

½ pint Double cream (plant based is ok)
200grams Good Quality Chocolate Drops or Broken Chocolate Pieces

Grate or finely chop the courgettes, leave to sit for a few minutes - quite a lot of water will be produced but add this to the mixture

Mix flour, sugar, cinnamon, cocoa and eggs, add the oil. Beat in a mixer or by hand mixer

Gradually add the courgettes to the mixture making sure they are all well mixed together

Pop the mixture into approx 20 cup cake baking cases so they are $\frac{3}{4}$ full.

Bake in oven 180C, Gas 5 for approx 15 minutes. Insert a skewer to see if it comes out clean, if not continue to bake for a further 2-3 minutes

Courgettes are very wet so may take longer than some cakes to cook

Gluten free: Substitute gluten free flour

Vegan: Remove eggs and add 1 teaspoon apple cider vinegar to mixture and an extra teaspoon baking powder. They won't rise as much but will still taste great

Ganache Topping:

Gently heat the cream until just below boiling. Pour over the chocolate and gradually beat until chocolate is melted. Keep stirring every 10 minutes. Ganache will slowly thicken until it is ready to top the cakes

Recipe kindly provided by Penny Beral, Caterer Extraordinaire www.pennyberal.co.uk