



MUN-SI CHALLENGES

Today you're the chef



Courgette muffins

- 1** Preheat the oven to 180°C;
- 2** Wash the courgette well before grating it;
- 3** After grating, squeeze the water from the courgette;
- 4** Add all the ingredients and mix well using a food processor or magic wand;
- 5** Bake for 20 minutes.





Courgette muffins

INGREDIENTS

2 cups of oat flakes

1/2 cup of wheat flour

1 grated courgette

2 eggs

1 cup of apple puree

1 tablespoon of cinnamon

1 teaspoon of vanilla essence

1 teaspoon of yeast

