**Courgette Muffins**

Uses American cups for measurements

Almost vegan… but not quite! Uses honey – so if you’re baking these for vegans check first whether they eat honey. I only eat locally made honey that isn’t mass produced snd where I know the hives have been well cared for.

Recipe:

2 tbsp ground flax seed / linseed

½ cup oil (olive oil or sunflower oil)

½ cup honey

1 tsp vanilla extract

1 cup plain flour

2 tbsp bran (I substituted this with porridge oats)

1 tsp cinnamon

1 tsp baking powder

½ tsp baking soda

1 cup grated courgette

½ cup raisins or sultanas

Some sunflower seeds (optional)

Pre-heat oven - Gas 4 / 180C

Line muffin tin with cases

Makes about 8-10 cakes

* Combine flax seed with warm water and leave for 5-10 minutes to thicken slightly
* Combine the flax mixture, oil, honey and vanilla extract
* In a large bowl combine flour, bran (or oats), cinnamon, baking powder and baking soda
* Add liquid ingredients and mix well
* Mix in the courgette, raisins and sunflower seeds
* Spoon into muffin cases
* Bake for 25 minutes
* Allow to cool
* Mindful moments: sit down with a cuppa and enjoy!

This recipe was given to me by Lucrecia and adapted slightly according to what I had available in the cupboard.