

Zucchini Lemon and Chia Seed Muffins



1 cup coarsely shredded zucchini (courgettes)

Grated rind of one lemon

150g Self Raising Flour + 1 tsp baking powder

2 -3 tablespoons honey

$\frac{3}{4}$ teaspoon ground ginger

2 tablespoons chia seeds. generous pinch of salt

$\frac{1}{4}$ cup oil

$\frac{3}{4}$ cup plain or vanilla yogurt (you can use full fat or low fat yogurt, whichever you prefer)

2 large eggs, lightly beaten

1 tsp lemon extract

Method

Grate the zucchini and lemon rind and leave in a sieve to drain off any liquid. If the zucchini seems very moist, squeeze it out with a tea towel.

Mix together the flour, baking powder, ginger, chia seeds and salt in one bowl.

Beat eggs in a bowl, add the oil, honey and yogurt

Mix the wet ingredients to the dry until a batter forms

Spoon into cake cases. Makes 18 small cakes

Bake 170C Gas 4 for 18 – 20 mins