

# BANANA MUFFINS

## INGREDIENTS

150g white self raising **flour**

50g caster sugar

1 banana mashed

1 medium **egg**

2 tablespoons vegetable oil

50ml **milk**

Optional extras (choose 1):

50g fresh or frozen berries (e.g. blueberries)

50g sultanas or raisins

$\frac{1}{2}$  teaspoon cinnamon or mixed spice

## EQUIPMENT

measuring jug, mixing bowl, fork,  
dessertspoon, tablespoon, teaspoon,  
plastic spatula, muffin cases, muffin tin

**MAKES:** 6 large  
12 small

**PREP TIME:** 15 minutes  
**COOK TIME:** 25-30 minutes

**ALLERGENS:** cereals containing gluten,  
egg, milk

## METHOD

- 1** Heat the oven to 190°C/Gas5. Prepare the muffin tins by lining with muffin cases.
- 2** Place the flour, sugar and mashed banana into the mixing bowl. Add your chosen optional extra ingredient and mix together.
- 3** In a jug, measure the milk and oil. Then add the egg\* and lightly beat together with a fork. (\*Always wash your hands thoroughly after handling raw eggs.)
- 4** Pour all of the liquid ingredients into the dry ingredients. Stir with a tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir. Be careful not to over mix.
- 5** With a dessertspoon,  $\frac{3}{4}$  fill each muffin case with the mixture and sprinkle the top with a some porridge oats (if using). Bake for 20 – 25 minutes until golden brown (and they spring back when touched).



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