

Banana Bread Muffins

INGREDIENTS (makes 6)

- 75g margarine
- 50g caster sugar
- 1 egg
- 60ml milk (4 tablespoons)
- 1 large (or 2 small) ripe banana – mashed
- 75g self raising flour
- 75g wholemeal self raising flour
- 1 teaspoon mixed spice



EQUIPMENT

- 2 x 6 hole silicone muffin moulds,
- baking tray, mixing bowl, wooden spoon, small bowl, fork, teaspoon

METHOD

1. Pre-heat the oven to 180oC/Gas Mark 4.
2. In the mixing bowl, cream together the margarine and sugar until light and fluffy. Then beat the egg and milk together and add to the mixture a little at a time.
3. Add the mashed banana and mix well. Then add the flour and mixed spice and fold in until combined.
4. Share the mixture between the muffin moulds and bake in the oven for 20-25 minutes until risen and lightly browned.

HANDY HINTS

- * For extra flavour, try adding some dried fruit such as sultanas, raisins or cranberries.
- * If you only have plain flour, just add 1 teaspoon of baking powder to the mixture.

ALLERGY AWARENESS!

This recipe contains: Cereals containing gluten, Milk, Eggs

