Banana Crumble Cakes

INGREDIENTS (makes 6)

100g white self-raising flour

25g margarine

3 teaspoons caster sugar

4 teaspoons porridge oats, plus 1 for sprinkling

1 banana - mashed

1/4 teaspoon mixed spice or cinnamon (optional)

2 dessertspoons milk



EQUIPMENT

weighing scales, dessertspoon, mixing bowl, fork, teaspoon, grater, muffin tray or baking tray

METHOD

- 1. Heat the oven to 190°C/Gas 5. Weigh out the flour and margarine and place in a mixing bowl.
- 2. Using your fingertips or a fork, rub the margarine into the flour until the mixture resembles breadcrumbs. Then add the sugar, oats and mixed spice to the bowl.
- 3. Mash the banana and add to the bowl with the milk. Then with your fork mix the ingredients together to form a soft dough (add a little more milk if necessary).
- 4. Divide the mixture into 6 and spoon into a muffin mould or onto a floured baking tray. Sprinkle over some oats and bake for 12 15 minutes until risen and golden-brown.

HANDY HINT!

Why not try making a double batch and freeze some for a later date.

ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk



HEALTHY RECIPES * RYSETIAU IACH











