

## RECIPE 2 – BANANA AND HONEY MUFFINS

This recipe is ideal for using up bananas which have gone past their best. You can also use other fruits that need using up such as apples, cranberries, oranges, pears or even some tinned fruit. To add a little twist why not top with some sweetened crème fraiche, honey or banana crisps.



### Ingredients

250g self-raising flour  
2x5ml spoon baking powder  
1x5ml spoon liquid Honey  
100g caster sugar  
250ml milk  
1 egg  
90ml oil  
150g banana cut into small pieces, (brown spotted bananas that need using up are ideal)



### Method

1. Preheat the oven to 180°C or gas mark 4.
2. Sieve the flour, baking powder, into a large bowl, and add in sugar.
3. Whisk the egg in a small bowl using a fork.
4. Pour the milk, oil, Honey and egg into the flour mixture and mix well to form a smooth batter.
5. Stir in the banana pieces.
6. Spoon the mixture into the muffin cases.
7. Bake for 20 minutes until the muffins have risen and are golden brown.
8. Carefully take the muffins out of the tin and allow to cool on a cooling rack.

## DON'T JUST DO IT – SHARE IT

Now that you've tried these recipes, why not share them on the Plan Eat Save facebook page - <https://www.facebook.com/search/top/?q=plan%20eat%20save> .

Or you could share other recipes that make the most of leftovers.