

Banana Muffins

INGREDIENTS

200 g	self-raising flour
½ tsp	ground cinnamon
50 g	caster sugar
1 tsp	bicarbonate of soda
2	medium eggs, beaten
150 ml	low fat yoghurt
2 tbsp	semi-skimmed milk
50 ml	sunflower oil
1	squidgy banana, (approx. 200g), mashed



METHOD

1. Pre-heat the oven to 200C/fan 180C/Gas 6. Line a 12 hole deep muffin tin with paper cases.
2. Sift the flour, bicarb and cinnamon into a large bowl, stir in the sugar. Make a well in the centre.
3. Beat the eggs then add the yoghurt, milk, mashed banana and oil and mix well. Stir into the flour mixture with a large metal spoon until lightly mixed.
4. Working quickly, divide the batter between the paper cases and bake in the centre of the oven for 16-18 minutes until the muffins are well risen and golden brown. Transfer them to a wire rack and cool.

VARIATIONS

Before adding the wet ingredients, 75g raspberries, 75g sultanas or 50g white chocolate could be added to the flour mixture.

This recipe will also make 24 mini muffins, cook for 12-15 minutes.