



Banana Muffins

Serves: 6 muffins

Ingredients:

- 125g wholemeal flour
- 3tbsp brown caster sugar
- 2tsp baking powder
- 1 medium egg, beaten
- 50g plain yoghurt
- 50ml vegetable oil, plus extra for greasing
- 2 ripe bananas. mashed

Method:

1. Preheat the oven to 200°C/180°C Fan/Gas 6
2. Line a six-hole muffin tin with muffin cases or grease it
3. Mix together the flour, sugar and baking powder in a bowl
4. In a separate bowl, beat together the egg, yoghurt and oil
5. Make a well in the flour, pour in the liquid and mix well
6. Stir in the mashed bananas, taking care not to over-mix
7. Spoon the mixture into the prepared cases and bake for 20–30 minutes, or until a skewer inserted into the centre comes out clean

