



Zero Waste Banana Muffins

Makes: 12

Ingredients:

- 3 peel-on bananas
- 125ml vegetable oil
- 2 eggs
- 400g plain flour
- 180g caster sugar
- 2tsp baking powder
- 1tsp bicarbonate of soda
- 1tsp ground cinnamon
- pinch of salt
- 1tsp vanilla extract
- 200g chocolate chips

Method:

1. Heat the oven to 180°C
2. Line a 12-hole muffin tin with cases
3. Wash bananas and trim the ends
4. Roughly chop the remainders and put in a bowl or a food processor
5. Add oil and eggs and blitz well
6. In another bowl, combine the flour, sugar, baking powder, bicarb, cinnamon and a pinch of salt
7. Stir in the blitz banana mixture along with 1 teaspoon of vanilla extract
8. Mix until combined
9. Stir in chocolate chips
10. Divide between the cases
11. Bake for 20-25 minutes

