



BANANA MUFFINS



INGREDIENTS

MAKES 12

- 1 ½ cups s/r flour
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 3-4 ripe bananas
- 85g butter, melted
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- 1 tsp vanilla
- ¼ cup milk

FROM THE GARDEN

- Bananas
- Eggs

EQUIPMENT

- Muffin tin
- Paper cases
- Weighing scales
- Sieve
- Measuring spoons and cups
- Mixing bowls
- Fork
- Beaters
- Wooden spoon

INSTRUCTIONS

1. Preheat oven to 180°C.
2. Line muffin tin with paper cases.
3. Sift the flour, salt, cinnamon, and nutmeg together in a medium bowl. Set aside.
4. Mash the bananas in a small bowl and set aside. In a large bowl, on medium speed, beat or whisk in the melted butter, brown sugar, egg, vanilla extract, and milk. Add the mashed banana and stir through.
5. Pour the dry ingredients into the wet ingredients, then gently fold together until just combined.
6. Spoon the batter into liners, filling them about ¾ full.
7. Bake for 20 minutes, until golden brown.
8. Allow muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

