

Banana Muffins



Recipe By FoodieBook

Ref: 487

Heading: Bread & Baking

Cuisine: American

Food Type: Vegetarian

No of Portions: 12

Ingredients & Prep

- 1 1/2 banana ripe peeled & mashed
- 1/2 banana ripe peeled & sliced, 1 for each muffin
- 250 g plain flour
- 175 g whole milk
- 100 g caster sugar
- 80 g butter salted soft
- 1 egg beaten
- 1 tbsp baking powder
- 1 tsp cinnamon ground

Method

Step 1 - Pre-heat oven to 180°C.

Step 2 - Place in a bowl the sugar & soft butter then cream using a electric whisk until light & fluffy, add egg in stages & beat in, then cinnamon, don't worry if it splits as it should come together later.

Step 3 - Next add the flour & baking powder mix together then the milk, use a silicon spatula & fold in to make a batter, try not to over work, its better with a few lumps, now add mashed banana & fold in.

Step 4 - Use non-stick muffin tins (silicon ones are best) or muffin cases on a tray, place one slice of banana on top of each muffin.

Step 5 - Bake muffins for 20 to 25 mins or until golden brown on top. If cooked in cases maybe quicker. Test with cocktail stick, if it comes out clean they are cooked.

Step 6 - If tins have been used leave for 10 to 15 mins before turning out.

Suggestion & Tips

Best eaten fresh & slightly warm, or freeze. You can add chopped dark chocolate.