

Banana Muffins

These make lovely breakfast muffins and are great to take on the go for a snack too.

Equipment:

2 mixing bowls
Muffin tins
Wire rack

Ingredients:

6 mashed bananas
1 cup honey (about 300g) or other sweetener
½ cup sunflower oil
½ tbsp pure vanilla extract
2 cups soya flour
1 ½ cups rice flour
1 tsp baking powder
2 tsp baking soda
1 tsp ground nutmeg
½ tsp salt
½ chopped walnuts (optional)
½ cup raisins (optional)



Serves: About 20
muffins
Prep time: 15 minutes
Baking time: 20-30 minutes

Method:

1. Preheat oven to 190°C (375°F)
2. Place bananas, honey, oil and vanilla in a bowl and mix (raisins optional)
3. Sieve the flour, baking powder, and baking soda into a large bowl. Add walnuts (optional), nutmeg and salt
4. Add the wet mixture to the dry and mix together until well blended
5. Oil muffin tins and fill 2/3 full. Bake for 20-30 minutes or until browned on top.
6. Cool on a wire rack and enjoy warm

Top Tip: You can replace raisins with chocolate chips for a sweeter muffin.

Adapted from a recipe in Kripalu cookbook.