

Banana Muffins



Step 1

You will need:

75g butter

250g self-rising flour

1 tsp baking powder

$\frac{1}{2}$ tsp bicarbonate of soda Pinch of salt

$\frac{1}{2}$ tsp ground cinnamon

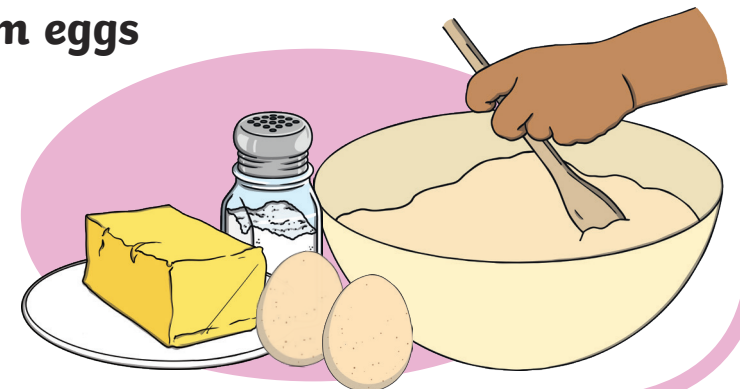
$\frac{1}{2}$ tsp ground nutmeg

115g caster sugar

1 tsp vanilla extract

2 large, ripe bananas

2 medium eggs



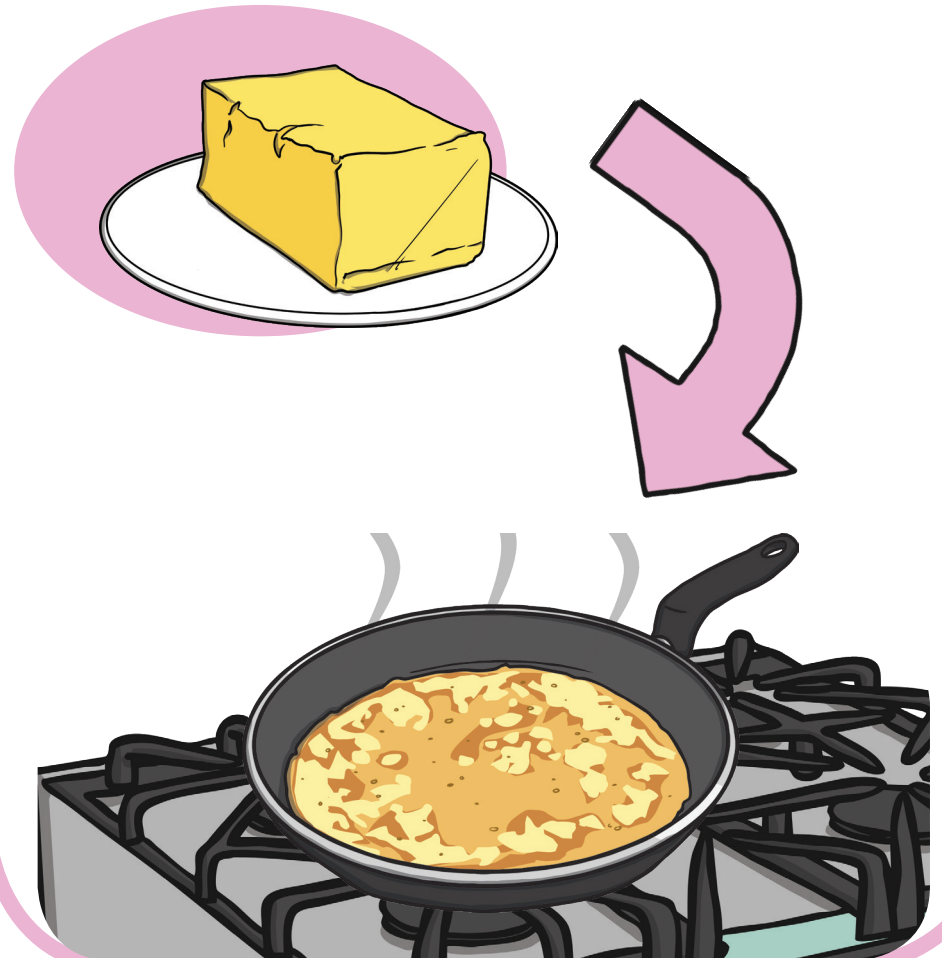
Step 2

Heat the oven to 190°C/Gas Mark 5.



Step 3

Melt the butter and let it cool.



Step 4

Mash the bananas with a fork.

Then, beat the eggs, vanilla extract, melted butter and milk in a bowl.

Next, add the mashed banana and mix well.



Step 5

Sift the flour, baking powder, bicarbonate of soda, salt, cinnamon and nutmeg together in a large bowl.

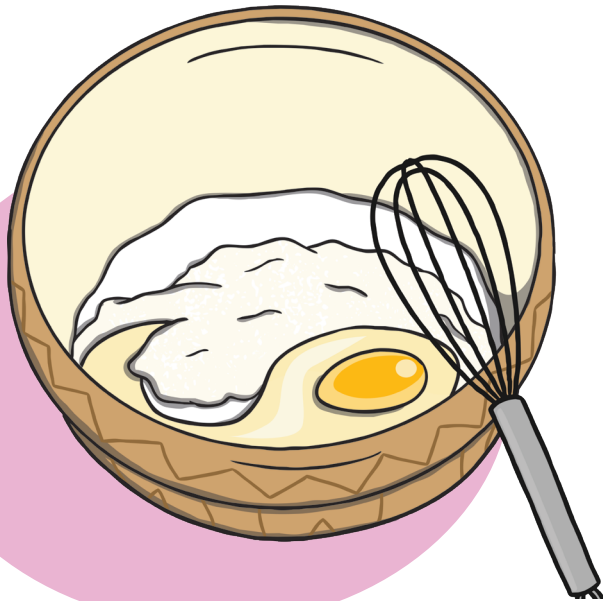
Then, add the sugar and mix.



Step 6

Make a well in the centre of the dry ingredients and add the egg mixture, stirring roughly until it is a lumpy paste (don't over mix – you want it to be lumpy!).

Mix well.



Step 7

Share the mixture into paper cases.





Step 8

Put the muffins into the oven and bake for 20 to 25 minutes or until the muffins feel springy to touch.



Step 9

Leave the muffins to rest for five minutes, then enjoy eating your muffins!

