

Banana Muffins

Ingredients

- 140g Self-raising Flour
- 50g Caster Sugar
- 3tbsp Milk
- 3tbsp Vegetable oil
- 1 Egg, beaten
- ½ tsp Bicarbonate of soda
- 1 Ripe banana



Equipment

6 Muffin Cases, large mixing bowl, muffin tin, sieve, fork, small mixing bowl, measuring jug, tablespoon, teaspoon, wooden spoon

Method

1. Preheat the oven to 180°C fan or gas mark 5.
2. Prepare the muffin tin with paper cases.
3. In a large mixing bowl sieve together the flour, add the bicarbonate of soda and sugar.
4. In a separate small mixing bowl break the banana into pieces and mash it up with a fork.
5. In a jug, crack and beat the egg with a fork, stir in the 3 tablespoons of milk and 3 tablespoons of oil and add the mashed banana and mix well (Liquid ingredients).
6. Pour the liquid ingredients into the dry mixture. Use your tablespoon to stir until all mix is combined. **This should only take about 30 seconds.** The mixture will be lumpy, but no dry flour should be visible. **DO NOT OVER-STIR.**
7. Fill the muffin cases $\frac{3}{4}$ full. Bake for 15 minutes until the tops are lightly browned and spring back when pressed gently.
8. Allow to cool on a cooling rack