

Banana Muffins

Ingredients

75g butter or margarine
250g self-raising flour
1tsp baking powder
½ tsp bicarbonate of soda
½ tsp ground cinnamon (optional)
½ tsp nutmeg (optional)
115g caster sugar
2 large, ripe bananas
2 eggs
125ml milk

Method

1. Heat the oven to 190 C. Melt the butter and allow to cool. Mash the bananas well. Sift the flour, baking powder, bicarbonate of soda, cinnamon and nutmeg together in a large bowl, add caster sugar and stir through.
2. With a fork beat together the eggs, melted butter or margarine and milk in a second bowl. Add the mashed banana and stir through.
3. Make a well in the centre of the dry ingredients and add the egg mixture, stirring roughly with a fork (don't over mix) until it is a lumpy paste.
4. Put paper cases into a muffin tray and spoon the mixture until almost full.
5. Bake for 20-25 minutes. Rest in the muffin tray in a wire rack for 5 minutes, then remove the muffins and leave to cool on the rack.

