

CHOCOLATE AND BANANA MUFFINS



INGREDIENTS

- 3 very ripe or overripe bananas
- 125ml vegetable oil
- 2 eggs
- 100g soft light brown sugar
- 225g plain flour
- 3 x 15ml tablespoons best-quality cocoa powder, sifted
- 1 teaspoon bicarbonate of soda
- 1 x 12-bun muffin tin

METHOD

Serves: Makes 12

1. Preheat the oven to 200°C/gas mark 6 and line a muffin tin with papers. Don't worry about getting special papers: regular muffin cases will do the job.
2. Mash the bananas by hand or with a free-standing mixer. Still beating and mashing, add the oil followed by the eggs and sugar.
3. Mix the flour, cocoa powder and bicarb together and add this mixture, beating gently, to the banana mixture, then spoon it into the prepared papers.
4. Bake in the preheated oven for 15-20 minutes, by which time the muffins should be dark, rounded and peeking proudly out of their cases. Allow to cool slightly in their tin before removing to a wire rack.

