

cocobanana muffins

These yummy muffins contribute to children's fruit intake over the day.

ingredients

Serves 12

- 2 large, ripe bananas
- 1 teaspoon vanilla essence
- ¼ teaspoon baking soda
- ¾ cup (180mL) milk, reduced fat
- 1 egg
- ½ cup (125mL) canola oil
- 1 cup (150g) self-raising flour, white
- 1 cup (160g) self-raising flour, wholemeal
- 1 tablespoon cocoa powder
- ¼ cup (55g) sugar

method

1. Pre-heat oven to 200°C.
2. In a medium bowl, mash the bananas with a fork then mix in the vanilla essence.
3. Add the baking soda and milk.
4. In a separate bowl, lightly beat the eggs and add the oil, then add the banana mixture, stirring well.
5. In a large bowl, sift the flours and cocoa together, then add the sugar.
6. Make a well in the centre of the flour mix. Slowly add the liquid ingredients and fold to combine. Be careful not to over stir.
7. Pour mixture directly into non-stick muffin trays, or line with paper cases, and bake for 15–20 minutes.
8. Take muffins out of tray and allow to cool on a cake rack.



To add some variety to these muffins, you can reduce the oil to 1/3 cup and add 1 cup of seasonal, frozen or canned fruit such as frozen raspberries or canned peaches in natural juice.

