

FATHER BOB WEEK

Banana Wholemeal Muffins

4 ripe bananas
2 eggs
150 gms butter, melted
1 tsp bicarb soda
1 cup milk
3 cups wholemeal flour
4 teaspoons baking powder
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1 cup brown sugar

1. Mash the bananas with a fork and add the eggs
2. Add the bicarb of soda to the milk and the melted butter and add this to the banana and the egg mixture
3. In a bowl, combine the sugar and the rest of the dry ingredients and the rest of the ingredients.
4. Gently stir until combined but DO NOT overmix.
5. Divide amongst trays lined with paper patty pans. Place in an oven and bake for about 15-20 mins or until golden and firm.
6. Clean your work area.
7. Bag up the muffins made by the group before you and allow your muffins to cool for the next group.