

## Banana Muffins

Makes 12 muffins

### Equipment

Large mixing bowl, wooden spoon, whisk, muffin cases,

### Ingredients

2 large ripe bananas, mashed

100g soft brown sugar

125ml rapeseed / vegetable oil

225g self-raising wholemeal flour

2 eggs

1 tsp. bicarbonate of soda

### Method

1. Preheat the oven to 200°C/180°C Fan/Gas mark 6. Place 12 muffin cases onto a baking tray.
2. Place the peeled bananas in a large mixing bowl and mash with the back of a fork.
3. Add the rapeseed oil, eggs and sugar to the mixing bowl. Gradually whisk the ingredients together.
4. Add the self-raising flour and bicarbonate of soda to the bowl and slowly fold in the flour until the mixture is fully combined.
5. Spoon the mixture into the prepared cases and bake in the oven for 15-20 minutes, they should be golden in colour. Allow to cool before serving.

