

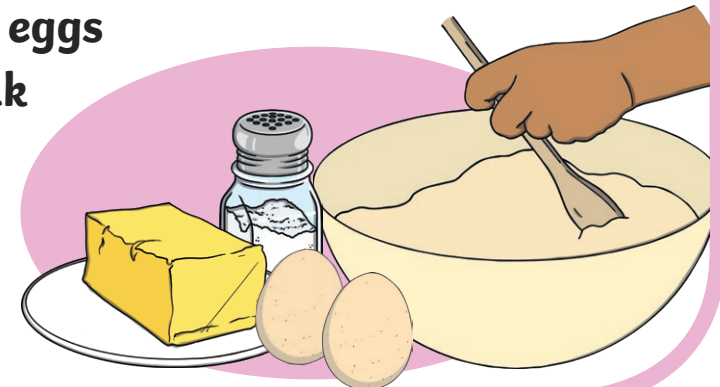
Banana Muffins



Step 1

You will need:

- 75g butter
- 250g self-raising flour
- 1 tsp baking powder
- $\frac{1}{2}$ tsp bicarbonate of soda
- Pinch of salt
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- 115g caster sugar
- 1 tsp vanilla extract
- 2 large, ripe bananas
- 2 medium eggs
- 125ml milk



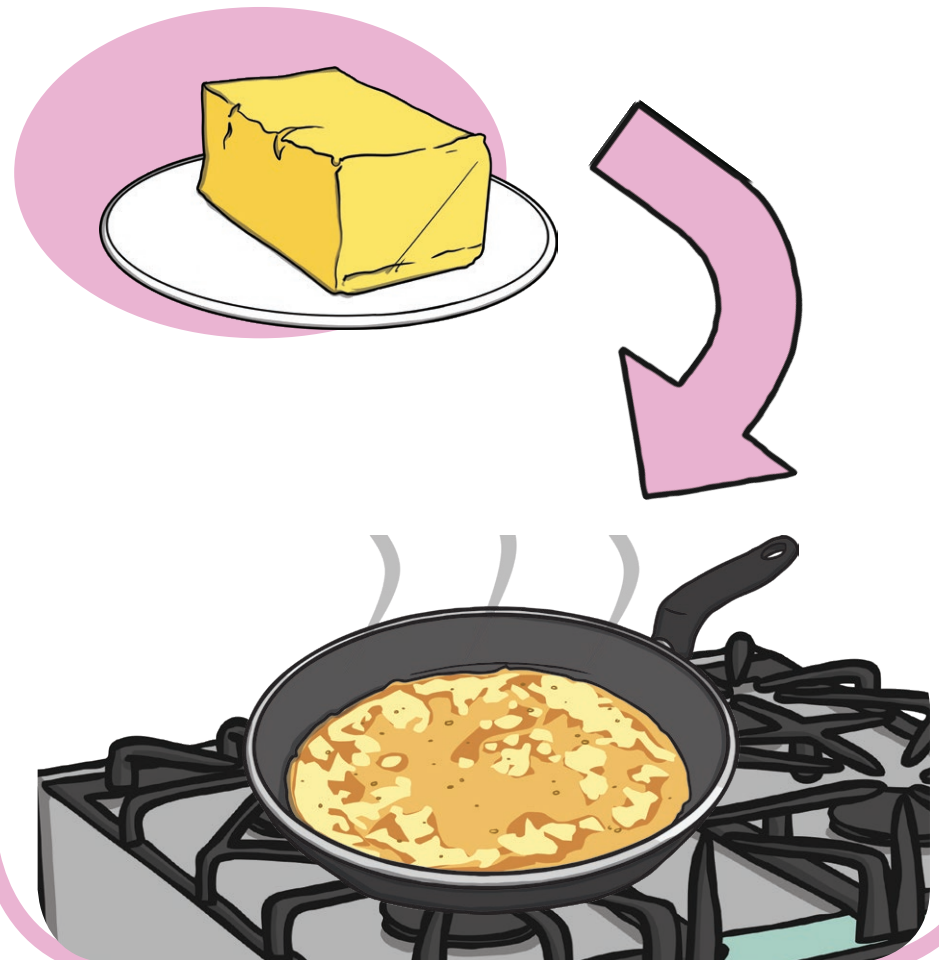
Step 2

Heat the oven to 190°C/Gas Mark 5.



Step 3

Melt the butter and let it cool.



Step 4

Mash the bananas with a fork.

Then, beat the eggs, vanilla extract, melted butter and milk in a bowl.

Next, add the mashed banana and mix well.



Step 5

Sift the flour, baking powder, bicarbonate of soda, salt, cinnamon and nutmeg together in a large bowl.

Then, add the sugar and mix.



Step 6

Make a well in the centre of the dry ingredients and add the egg mixture, stirring roughly until it is a lumpy paste (don't over mix – you want it to be lumpy!).

Mix well.



Step 7

Share the mixture into paper cases.



Step 8

Put the muffins into the oven and bake for 20 to 25 minutes or until the muffins feel springy to touch.



Step 9

Leave the muffins to rest for five minutes, then enjoy eating your muffins!

