



RECIPES

BANANA MUFFINS



INGREDIENTS

250g	Prima Self Raising Flour
1 tsp	Baking Powder
½ tsp	Baking Soda
3g	Salt
½ tsp	Ground Nutmeg
½ tsp	Ground Cinnamon
3 nos	Fresh Ripe Bananas
135g	Caster Sugar
2 nos	Eggs
75g	Unsalted Butter (Melted)
1 tsp	Vanilla Essence
250g	Milk

PROCEDURE

1. Preheat oven to 170°C.
2. Mash the bananas and set aside.
3. Sift and mix the self-raising flour, baking powder, baking soda, salt and spices. Set aside.
4. In a separate bowl, mix eggs, vanilla essence, sugar, milk and melted butter. Add in the mashed bananas.
5. Gently stir in the flour mixture into the mashed bananas mixture. Mix until combine.
6. Divide the batter into 100g per muffin cup and bake for 20 minutes until golden brown.



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