

Banana Muffin

120g plain flour
1tsp baking powder
Pinch salt
30g oats
40g demera sugar
100ml milk
1 ripe medium sized banana
50ml sunflower oil
1 egg

Preheat the oven to 400 Of/ 200oc/gas mark 6. Line the muffin tray with 6 paper cases

Sift the flour into a mixing bowl with the baking powder and salt. Stir in the oats and sugar

Place the milk, mashed banana, oil and egg in a separate bowl or jug and blend with a hand blender

Make a well in the centre of the dry ingredients and add the milky banana mixture. Mix well to form a soft dropping consistency then use to fill the muffin cases – about 2/3rds full

Bake for 25 – 30 minutes until well risen and golden and springy to the touch

Bridgewater Community Healthcare



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Health Improvement Team