



Turn squishy brown bananas into these after-school treats. Muffins require very little mixing and are ideal for children to help with. They freeze well too – even less waste!

Banana Muffins

Ingredients

- 75g butter
- 250g self-rising 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

Equipment

- 12-hole muffin tin
- 12 paper muffin cases

1. Heat the oven to 190°C/ Gas mark 5. Melt the butter and allow to cool.
2. Mash the bananas well with a fork. Beat together the eggs, vanilla extract, melted butter and milk in a bowl. Add the mashed banana and mix well.
3. Sift the flour, baking powder, bicarbonate of soda, salt, cinnamon and nutmeg together in a large bowl. Add the sugar and mix.
4. 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!).
5. Put the paper cases in the bun tin and divide the mixture between them.
6. Bake for 20 to 25 minutes or until the muffins feel springy when touched. Rest the muffin tray on a wire rack for five minutes then remove the muffins and leave on the rack for another five minutes before serving.
7. You can eat the muffins as they are, or serve them with sliced banana and a dollop of yoghurt.

Don't forget to throw the banana skins into your compost bin! Or try burying them around the roots of your favourite plants – this old gardener's tip works especially well for roses.