

Banana Bread Muffins

SERVES: 36 small muffins

INGREDIENTS:

- 3 eggs, beaten until frothy
- 1 cup brown sugar
- 1 tsp vanilla essence
- ½ cup sunflower oil
- 3 bananas, mashed with a fork
- 2 cups plain flour
- 1 tsp cinnamon
- 2 tsp bicarbonate of soda
- ½ tsp salt
- ¼ tsp baking powder
- Butter (optional, for greasing muffin trays)



METHOD:

1. Preheat oven to 180°C
2. Prepare all of the ingredients based on the ingredients list
3. Mix the eggs, sugar, vanilla essence and oil in a large bowl, then add the bananas
4. In another large bowl, mix all the dry ingredients together with a clean fork
5. Add the banana mix to the dry mix and gently combine
6. Line muffin trays with baking paper, or grease with a light coating of butter
7. Pour the mixture into muffin trays, three-quarters full for each basin
8. Bake for 20 minutes
9. Remove onto a wire cooling rack. Allow to cool, then serve on a platter