



RECIPE OF THE MONTH



No-Added-Sugar Blueberry & Banana Muffins

These delicious wholemeal muffins are perfect for the post-holiday-season over indulgences. Packed with fruit and fibre, they make a healthy alternative treat.

For the Sponge

- 1 large egg
- 250g wholemeal flour
- 1 tsp bicarbonate of soda
- 2 tsp of baking powder
- 150g frozen blueberries
- 225g mashed bananas
- 125ml water
- 125ml vegetable oil

Method

- Pre-heat the oven to 180°C/gas 4
- Grease 18 muffin cups or line with paper muffin cases.
- Mix together the mashed bananas, egg, water & oil in a large mixing bowl.
- Add the wholemeal flour and baking powder and mix until smooth and creamy (naturally there will be banana lumps).
- Gently fold the frozen blueberries into the mix.
- Equally portion the mixture between the 18 muffin cups.
- Bake in the preheated oven for around 15 minutes or until golden brown.
- Remove the muffins from the tins and allow to cool on a wire cake rack.