



BANANA-NUT MUFFINS

MAKES	PREP	COOK
20	10 minutes	15-20 minutes

Ingredients

2-3 ripe bananas, smashed
100g butter, melted
3/4 cup sugar
1 egg
1 tsp vanilla extract
1 tsp baking soda
pinch of salt
1 1/2 cups self raising flour
1 cup nuts, chopped



Method

Preheat the oven to 180°C fan bake.

Line a 12 hole muffin tin with paper cases (or grease the holes).

Take a blender, bullet or food processor, add the bananas, melted butter, sugar, egg and vanilla extract, blend until smooth.

Add the baking soda and salt to the banana mixture.

In a mixing bowl add the flour and nuts, stir with a whisk to combine.

Pour over the banana mixture and mix until just combined.

3/4 fill each muffin hole and bake for 15-20 minutes (or until a skewer comes out clean).