

## Category:

**Select carefully  
(Amber)**



Ingredients	12 serves (24 mini muffins)	24 serves (48 mini muffins)
Ripe bananas	2 large	4 large
Vanilla essence	1 teaspoon	2 teaspoons
Baking soda	¼ teaspoon	½ teaspoon
Milk, reduced fat	¾ cup (180mL)	1½ cup (375mL)
Egg	1	2
Canola oil	½ cup (125mL)	1 cup (250mL)
Self-raising flour, white	1 cup (150g)	2 cups (300g)
Self-raising flour, wholemeal	1 cup (160g)	2 cups (320g)
Cocoa	1 tablespoon	2 tablespoons
Sugar	¼ cup (55g)	½ cup (110g)

## Tips

**For variety, reduce oil to only 1/3 cup and add 1 cup frozen raspberries.**

**Alternatively, replace the raspberries with different types of seasonal fruit, frozen fruit or canned fruit, such as canned peaches (in natural juice).**

## Method

- 1 Pre-heat oven to 200°C.
- 2 In a medium bowl, mash the bananas with a fork then mix in the vanilla essence.
- 3 Add the baking soda and milk.
- 4 In a separate bowl, lightly beat the eggs and add the oil, then add the banana mixture, stirring well.
- 5 In a large bowl, sift the flours and cocoa together, then add the sugar.
- 6 Make a well in the centre of the flour mix. Slowly add the liquid ingredients and fold to combine. Be careful not to over stir.
- 7 Pour mixture directly into non-stick muffin trays, or line with paper cases, and bake for 15–20 minutes.
- 8 Take muffins out of tray and allow to cool on a cake rack.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.