

MOUTH-WATERING EXPLOSION OF FLAVOUR

# WHOLESOME BANANA AND NUT MUFFINS



Transform the kitchen into your very own personal bakery: get the baking tins and ingredients out of the cupboard and conjure up some wholesome banana and nut muffins.

## INGREDIENTS

(for approx. 6-8 muffins):

- » 375 g white flour
- » 375 g wholemeal flour
- » 60 g brown sugar
- » 125 g chopped walnuts
- » 2 tsp baking powder
- » 1 tsp cinnamon
- » ½ tsp salt
- » 2 medium-sized bananas
- » 2 large eggs
- » 250 ml milk
- » 75 ml vegetable oil

- 01.** Mix both types of flour with the sugar and nuts, add baking powder, cinnamon and salt.
- 02.** Crush the bananas in a bowl, mix with the eggs, oil and milk.
- 03.** Now thoroughly mix the dry and wet ingredients and spoon into lightly greased muffin cases. Bake in a preheated oven at 200°C for approx. 15-20 minutes.
- 04.** When the muffins are well baked, take them out of the oven and allow to cool for a few minutes before serving.

**ENJOY YOUR MEAL!**