

Blueberry and banana muffins



These muffins are an SSBC favourite. Try them at home - we promise you'll love them!



What you need

- 2 ripe bananas
- 150g blueberries
- 1 egg
- 170g self-raising flour
- 80g sugar
- 1 teaspoon vanilla extract
- 100ml vegetable oil
- 1 teaspoon baking powder
- 1 teaspoon cinnamon (optional),
- mixing bowl
- whisk
- muffin tray and paper cases

What to do

1. Preheat oven to 180°C/gas mark 5.
2. Put your paper cases in the muffin tin.
3. Sift together flour, baking powder and cinnamon in a bowl.
4. Peel the bananas and mash them with a fork.
5. In another bowl, beat together egg, oil and vanilla essence.
6. Combine all the wet and dry ingredients.
7. Add the blueberries and mix.
8. Spoon your muffin mixture into the paper cases.
9. Put the tray in the oven for around 20 minutes.

Tip: You can test if they are cooked all the way through by putting a knife through the middle - it should come out dry.



Allow to cool before eating.

Yum!