



Blueberry and banana muffins

Ingredients

12 muffin cases or 8 tulip muffin cases
250g plain flour
2tsp baking powder
75g porridge oats
3 medium eggs
175g caster sugar
250 ml sunflower oil
1/2 tsp vanilla extract
2 medium to large really ripe bananas
150g blueberries, washed
Honey to drizzle (optional)

“These are going to be your favourite bake!”

Great for snacking or for the school lunch box. They keep for three days in air tight container and freeze really well.

Preparation time

15
mins

Cooking time

15-20
mins



Photo credit: Taryn Green, RHUL Student

Step 1

Preheat the oven to 200°C/180°C Fan/Gas Mark 6.

Line a muffin tin with 12 muffin cases.

Step 2

Sift together the flour and baking powder into a mixing bowl, then stir in the oats.

Step 3

In a separate bowl or jug, beat together the eggs, caster sugar, sunflower oil and vanilla extract.

Step 4

Peel and mash the bananas with a fork on a board/plate.

Step 5

Fold the egg mixture into the flour mixture, using a metal spoon, along with the mashed bananas. Carefully fold in the blueberries taking care not to crush them.

You can replace the blueberries with sultanas.

Step 6

Spoon into the muffin cases, using two dessert spoons. You can fill them nearly to the top.

Bake for 15-20 minutes until risen and golden.

Remember that muffin tins are deeper than a cupcake tin.

Step 7

Carefully remove from the oven, pierce the centre with a skewer.

It should come out clean.

Transfer to a wire rack to cool.

Drizzle with honey if you wish.



Sally's Tips

“Why not try muffins made with grated carrot?

Replace the blueberries with 150g grated carrot.

Did you know that you can freeze bananas in their skins. When you want to make a batch of muffins, defrost the bananas and add them to your mix.”