

Banana & Chocolate

Muffins



INGREDIENTS

3 very ripe bananas

125ml vegetable oil

2 large eggs

250g plain flour

100g caster sugar

1/2 teaspoon bicarbonate of soda

1 teaspoon baking powder

150g chocolate (or butterscotch morsels)

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Method

1. Preheat the oven to 200°C/gas mark 6 and line a 12-bun muffin tin with muffin papers.
2. Mash the bananas and set aside for a moment.
3. Pour the oil into a jug and beat in the eggs.
4. Put the flour, sugar, bicarbonate of soda and baking powder into a large bowl and mix in the beaten egg and oil mixture, followed by the mashed bananas.
5. Fold in the chocolate / butterscotch morsels, then place equal quantities in the prepared muffin tin and bake in the oven for 20 minutes.

Nutrition Facts

Total Cost of Ingredients: £8.98 (Asda)

Makes: 12

Cost per slice: 75p

Plus you have most of the ingredients left for more batches!!!!

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Per Serving:	274	30	15	4	125	15

