

## Banana, Oat and Sultana Muffins

**Serves:** 12

**Prep time:** 15 minutes

**Cook time:** 18 minutes



½ serve per portion

### Ingredients

2 ½ cups quick oats, blended into coarse flour consistency

1 teaspoon bicarb soda

1 cup mashed ripe banana (about 3 bananas)

2 large eggs, lightly whisked

¼ cup honey

4 tablespoons lemon juice

½ cup sultanas

¼ cup neutral oil (e.g. canola, vegetable, grapeseed)

*Optional:* banana, sliced (for decorating)



**Discretionary Food**

### Method

**PREHEAT** oven to 180°C and line a 12-hole muffin tray with baking paper.

**MIX** blended oats with bicarb soda in a large bowl.

**COMBINE** mashed banana, eggs, honey, lemon juice, sultanas and oil in a separate bowl and mix well.

**ADD** wet ingredients to dry ingredients and gently fold until just combined. Do not over mix.

**POUR** batter into prepared muffin tray.

**OPTIONAL:** garnish the top of each muffin with a slice of banana.

**BAKE** for 15 minutes or until a skewer inserted into the centre of a muffin comes out clean.

**COOL** for 5-10 minutes in tray before transferring to a cooling rack.

### Notes:

- Eggs can be replaced with ½ cup apple sauce and an extra ½ teaspoon of bicarb soda
- Store in an airtight container for 2-3 days or in the freezer for up to 3 months
- *Optional:* add a teaspoon of vanilla, ground nutmeg, cinnamon or ginger

*Recipe courtesy of May Hampton, Palmwoods Branch*