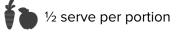
Banana, Oat and Sultana Muffins

Serves: 12 Prep time: 15 minutes Cook time: 18 minutes



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

¹/₄ cup neutral oil (e.g. canola, vegetable, grapeseed) *Optional:* banana, sliced (for decorating)



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 $\frac{1}{2}$ cup apple sauce and an extra $\frac{1}{2}$ 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





Discretionary Food