

ENERGIZE RECIPE



Banana Berry Muffins

Ingredients:

- 1 and 1/2 cup white flour
- 1 cup of wholemeal flour
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 cup brown sugar, loosely packed
- 1 cup mashed very ripe banana (*about 2 large very ripe bananas*)
- 1/4 cup yoghurt
- 1 large egg, beaten
- 3/4 cup low-fat milk
- 1/4 cup frozen blueberries

Directions:

Preheat oven to 180°C.

Place muffin case into tray.

In a large bowl, gently whisk the flours, baking soda, and cinnamon together until combined. Set aside.

In a separate bowl, whisk the honey and brown sugar together. Add the mashed banana, yoghurt, and beaten egg. Slowly pour the wet ingredients into the dry ingredients and gently fold it all together. Add the milk slowly and continue to gently mix the ingredients together. Try to not overmix the batter, which will lend tough, dry muffins. Lastly fold in berries.

Divide the batter between muffin tins. Fill $\frac{3}{4}$ of the way to the top. Bake for 12-15 minutes until very lightly browned on the edges. A toothpick inserted in the centre should come out clean. Allow the muffins to cool completely.

Muffins freeze well for up to 3 months!

