

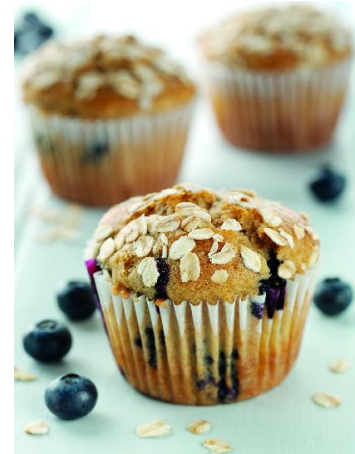
BANANA AND BLUEBERRY MUFFINS

Preparation time: 20 minutes

Baking time: 20 minutes

INGREDIENTS

300g	Golden Wholegrain Plain Flour
175g	golden caster sugar
15g	baking powder
A pinch of	sea salt
60ml	sunflower oil
1 large	egg, beaten
225ml	milk
150g	blueberries
1 medium	banana, diced
1 tablespoon	oats (optional for topping)
	A muffin tray lined with paper muffin case



Makes 12 muffins

METHOD

1. Preheat the oven to 200C fan/220C/440F/Gas 6.
2. Mix the flour with the baking powder, sugar and salt in a large bowl. Make a well in the centre, then pour in the oil, egg and milk. Stir gently with a wooden spoon until roughly mixed.
3. Add the blueberries and bananas, then stir until combined, being careful not to over mix.
4. Spoon the mixture into the muffin cases. If desired, sprinkle with oats. Bake in the heated oven for 15-20 minutes until golden and firm to the touch.
5. Remove from the tray and cool the muffins on a wire rack. Eat warm or at room temperature.