



## Banana Muffins

Dairy and egg free!

Makes 12-14 muffins

Preheat oven to 320f/160c/3

### *Ingredients:*

½ cup sunflower oil

1 cup castor sugar

1 level tsp bicarbonate of soda

3 medium ripe bananas

2 cups self raising flour

1 tsp vanilla extract

### *Method:*

Mash the bananas well in a bowl.

Add sugar, oil and vanilla extract and mix together.

Sift flour and soda together and add to banana mixture.

Mix until flour is blended (do not beat). If mixture seems a little dry add some tablespoons of warm water.

Fill muffin cases  $\frac{3}{4}$  full.

Bake in a pre-heated oven for 15-20 minutes or until knife comes out clean.

### *Allergen Information:*

Contains: wheat (gluten).