

Banana Blueberry Wholemeal Mini Muffins

This delicious fruity snack will go down a treat with the kids for afternoon tea. Any fresh, seasonal fruit can be used in place of banana and any other fresh or frozen berries, making this a versatile and delicious snack.



Serves 10 children



30 minutes

INGREDIENTS

Makes 24 mini muffins

Banana, large, mashed 150g (2 medium bananas)

Egg, beaten 60g (1 egg)

Water 75ml (1/3 C)

Oil, canola 60ml (3 T)

Flour, wholemeal, self-raising 55g (1/3 C)

Flour, self-raising 110g (3/4 C)

Baking powder 2g (1/2 t)

Blueberries, frozen 60g (1/4 C)

DIRECTIONS

1. Preheat oven to 180°C and grease mini muffin tray.
2. In a large mixing bowl, combine flours and baking powder and set aside.
3. In another bowl whisk egg.
4. Add mashed banana to beaten egg, water and oil.
5. Fold flour mixture into banana mixture- do not over mix.
6. Gently fold in blueberries.
7. Spoon 2 t of mixture into each muffin well.
8. Place in oven for 15-20 minutes or until golden brown.

Allergy Information

Contains: egg, wheat.
Some baking powders contain wheat.

Childcare RDI Calculator:

Fat	<div></div>	50 %
Vegetables	<div></div>	0 %
Meat/Alt*	<div></div>	10 %
Cereals	<div></div>	20 %
Dairy	<div></div>	0 %
Fruit	<div></div>	10 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services