

Bibi's Banana Muffins

A delicious and wholesome morning or afternoon tea snack idea, loved by children. The fruit content could be increased with the addition of dried fruit such as sultanas, raisins or cranberries.



Serves 10 children



35 minutes

INGREDIENTS

Makes 24 mini muffins

Oil, canola 60ml (4 T)

Baking powder 25g ($\frac{1}{2}$ t)

Water, cold 60ml ($\frac{1}{4}$ C)

Egg, lightly beaten 60ml (1 egg)

Milk, Hilo 20ml (1 T)

Yoghurt, Vanilla low-fat 135g ($\frac{1}{2}$ C)

Banana, mashed 130g (1 banana)

Flour, wholemeal self-raising 210g
(1 $\frac{1}{2}$ C)

DIRECTIONS

1. Preheat oven to 180°C.
2. Grease and line loaf tin with baking paper, or spray muffin tin (or can use paper cases).
3. Mix baking powder and cold water together.
4. Add the oil to the baking powder mixture.
5. Add beaten egg, milk, yoghurt and bananas to mixture and mix well.
6. Fold in wholemeal self-raising flour- do not over mix.
7. Place mixture in baking tin and place in oven for 15 minutes or until golden brown.

Allergy Information

Contains: egg, cow’s milk protein, 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>	30 %
Dairy	<div></div>	10 %
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