

Ingredients

2 large ripe bananas, mashed
3 tbsp honey
1 egg, beaten
1 cup low or reduced-fat vanilla yoghurt
¼ tsp bicarbonate of soda dissolved in 2 tbsp hot water
1¾-2 cups wholemeal self-raising flour
½-1 tsp ground cinnamon
1 tsp oil



Enjoy these every now and then rather than every day.

Honey Spice Banana Muffins

Makes 12 regular muffins or 24 mini muffins

Method

1. Preheat the oven to 200°C.
2. Combine the bananas, honey, egg, yoghurt and bicarbonate of soda mixture.
3. Stir in the flour and cinnamon, taking care not to over mix (or you will end up with tough muffins).
4. Using a pastry brush, brush 12 non-stick muffin pans sparingly with oil if needed. Divide the mixture between the muffin pans. Bake in the preheated oven until golden brown and cooked through, 20-25 minutes.

Vanilla yoghurt is used instead of butter or margarine in this recipe helping to minimise the fat content of these yummy muffins.



Tip Timesaver – make these on the weekend and freeze them to use when you have less time. The bonus is adding frozen muffins to your lunchbox will help keep it cool.

Source: Page 34, *Healthy Lunchboxes for kids of all ages*, Brisbane Produce Market,

For more information: www.brisbanemarkets.com.au/publications/healthy-lunchbox-recipes/