

Refined Sugar-Free Banana Muffins

Recipe

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created by nannies, for nannies



This recipe is refined sugar-free and super simple, so it's a great one to do with children and perfect for a mid-week bake!

Holly's Top Tips

1. Coat your blueberries in flour before putting them into the mixture, this ensures they don't all sink to the bottom.
2. Put a bit of rice in the bottom of each cupcake case so that the rice absorbs the excess grease from the batter, this will prevent the muffins from being soggy.

Assemble with:



1 banana



Softened
unsalted
butter



Plain flour



1 egg

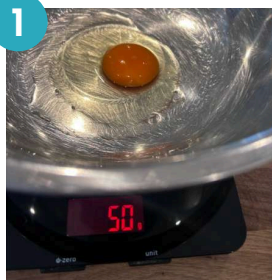


1tsp
baking
powder



Oats
(blended)

1



Preheat the oven to 200 degrees.

Weigh your egg into a bowl and take note of the weight of the egg (this will be the quantity you need of the other ingredients).

2



Mash the banana and egg together.

If you want to add some extra sweetness, you could add some honey when mashing the banana (I didn't as the banana was very ripe and so naturally very sweet!)

3

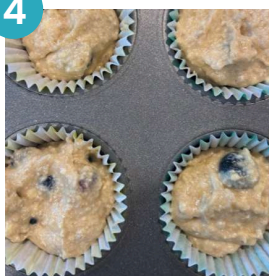


Weigh out the other ingredients: for the flour and oats do half of the quantity of the egg. For example, my egg weighed 50g so I used 25g of flour, 25g of oats, and 50g of butter.

Add the dry ingredients to the wet and mix together until combined.

Coat your blueberries in flour and stir into the mixture.

4



Spoon the mixture into cupcake cases.

Bake for 15 minutes until cooked through and golden on top.

These will store in an air tight container for a week.

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