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Banana and cinnamon muffins



Ingredients

200g self-raising flour
Half a teaspoon of baking powder
Pinch of salt
1 level teaspoon of cinnamon
150g golden caster sugar
1 egg
75g butter
4-5 ripe bananas

Preparation

1. Preheat the oven to 180 degrees.
2. Prepare the muffin tin. Either lightly grease the tin or, as I prefer, put in paper cases instead.
3. Into a large bowl, sift the flour, baking powder, cinnamon and salt. Combine using a fork then leave to one side.
4. Crack the egg into a small bowl and whisk. Mash the bananas.
5. Put the sugar into a large bowl and add the egg a little at a time, mixing together. Melt the butter, allow to cool a little [but not to solidify again] then add gradually to the sugar mixture until completely mixed in. Then gently stir in the mashed banana until everything is combined.
6. Add the flour mixture to the wet ingredients, folding it in very lightly and with the minimum number of folds. Don't over mix the batter or the muffins will be heavy and flat
7. it doesn't need to be completely smooth.
8. Straight away spoon the mixture into the paper cases ready in the tin. The cases need to be filled almost to the top
9. this mixture should make 12 muffins.
10. Place on the top shelf of the preheated oven to bake for 25-30 minutes. The muffins should then be risen and golden brown on the top
11. test that the centre is cooked by inserting a skewer which should come out clean.

Cooks Note

This quick recipe is a great way to use up over-ripe bananas. You can add chopped walnuts or sprinkle a few oats on the top for a change, or even add a handful of chocolate chips if you wish!

