

## WHOLEMEAL BANANA MUFFINS

(Makes 12)

250g Wholemeal S. R flour  
2 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon grated nutmeg  
3 large ripe bananas roughly mashed  
1 egg  
6 tablespoons golden sugar  
100ml sunflower oil  
100ml full fat milk  
50g chopped walnuts (if desired)

### **Method:**

1. Preheat oven to 190 degrees C/Gas 6 Lightly Grease or line 12deep muffin tins with paper cases.
2. Sift together the flour, baking powder, salt, and nutmeg. Set aside.
3. With an electric mixer, beat the peeled bananas at moderate speed until mashed.
4. Beat in the egg, sugar and oil and milk
5. Add the dry ingredients and beat in gradually, on low speed. Mix just until blended.
6. Fill the prepared cases two-thirds full.
7. Bake until the tops spring back when touched lightly, 20-25 minutes. Transfer to a rack to cool.

