



Breakfast Muffins

Prep Time 10 mins

Cooking Time: 20 mins

Servings: 12

INGREDIENTS

- 300g self-raising flour
- 1 tsp bicarbonate of soda
- 100g light muscovado sugar
- 50g porridge oat, plus 1 tbsp for topping
- 2 medium bananas, the riper the better
- 284ml carton buttermilk
- 5 tbsp light olive oil
- 2 egg whites
- 150g punnet blueberries

METHOD

1. Heat oven to 180C/fan 160C/gas 4 and line a 12-hole muffin tin with paper muffin cases.
2. Tip the flour and bicarbonate of soda into a large bowl. Hold back 1 tbsp of the sugar, then mix the remainder with the flour and 50g oats. Make a well in the centre.
3. In a separate bowl, mash the bananas until nearly smooth. Stir the buttermilk, oil and egg whites into the mashed banana until combined.
4. Pour the liquid mixture into the well and stir quickly with a wooden spoon.
5. Add the blueberries and stir
6. Divide the mix between the muffin cases then lightly sprinkle the tops with the final tbsp of the oats and the rest of the sugar.
7. Bake for 18-20 mins until risen and dark golden.
8. Cool for 5 mins in the tray before lifting out onto a rack to cool completely.

EAT WELL

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