

Banana muffins (makes 6)

These banana muffins are a lovely way to use up those bananas in the fruit bowl that have gone a little too far into the brown stage. The riper the banana the sweeter it is, and the easier to mash so they are perfect for baking. In this recipe barley flour makes up the majority of the flour used but plain wheat flour is also used as it helps to keep the muffins that little bit lighter.

Ingredients

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|--------------------------------|
| 90g plain white flour |
| 115g barley flour |
| 70g sugar |
| 2 eggs |
| 45ml olive oil |
| 40ml orange juice, unsweetened |
| 1 large banana |
| 1 teaspoon of baking powder |
| ¼ teaspoon of salt |

Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Combine all the dry ingredients in a bowl.
3. In a separate bowl mix together all the wet ingredients until the mixture is thick and creamy.
4. Add the wet mixture to the dry ingredients and mix well.
5. Split into 6 muffin cases.
6. Bake for 20-25 minutes.

Nutrition information

| Per 100g | Energy 1318kJ 314kcal | Fat 11.3g | Saturates 1.9g | CHO 45.3g | Sugars 18.6g | Protein 6.3g | Fibre 2.8g | Salt 0.53g |
|----------------|-----------------------|-----------|----------------|-----------|--------------|--------------|------------|------------|
| Per Muffin 88g | Energy 1160kJ 276kcal | Fat 10g | Saturates 1.6g | CHO 39.8g | Sugars 16.3g | Protein 5.5g | Fibre 2.5g | Salt 0.47g |

Oat/Barley content

19g
per
muffin

