



eatwise

Banana nut muffins (makes 12 large muffins)

A healthy treat, great for grab 'n go breakfast or a filling snack with coffee after your morning exercise! A 'treat less sweet' with only the natural sugars of the banana, protein from peanuts, healthy oils, fibre... it's all there! They freeze well too.

Dry ingredients:

100g wholemeal flour	4 very ripe bananas (about 550g before peeling)
50g plain flour	125ml buttermilk (or mix milk with 1 tbsp lemon juice, or use half milk half natural yoghurt)
75g porridge oats	1 large egg
50g mixed seeds (eg pumpkin, sesame, linseed (flaxseed), sunflower, chia)	1 teaspoon vanilla extract
1 teaspoon baking powder	3 heaped tablespoons crunchy peanut butter (about 200g)
1 teaspoon baking soda	
½ teaspoon salt	
1 tsp cinnamon	

1. Pre-heat fan oven to 180°C. Line 12 medium muffin cups with paper baking cups.
2. Combine all the dry ingredients in a bowl.
3. Roughly chop bananas and put into food processor. Add buttermilk, egg and vanilla and process until smooth.
4. Add peanut butter and process briefly until just mixed.
5. Remove the lid and add the dry ingredients all at once, then 'pulse' by allowing the food processor to work just for a second at a time until ingredients come together, do not overmix or beat.
6. Use a spoon or spatula to check it is mixed through.
7. Fill muffin cups to the top. Bake for 25 minutes or until golden brown and firm on top.
8. Remove from the tin and cool on a wire rack.