

Banana, Blueberry and Bran Muffins

Ingredients

- 2 ripe bananas, mashed 🍌 🍌
- 1 egg
- ½ cup water
- ½ cup vegetable oil
- 1 cup white flour
- 1 cup wheat bran or bran flakes or all bran
- 1 tsp baking soda
- 2 tsp baking powder
- 1 cup blueberries (fresh or frozen)

Optional: add ½ cup diced apple or pear to make these muffins extra fruity.



Directions

- 1) Turn oven on to Bake at 180 degree Celsius
- 2) In a bowl mash the bananas, add the egg, water and oil. Mix.
- 3) Sift the flour, baking soda and baking powder into the mixture. Add the bran and blueberries to the mixture.
- 5) Fold all the ingredients together until just combined. Avoid over mixing.
- 6) Lightly oil a muffin tin using a paper towel and a drop of oil. Spoon the mixture into the muffin tin.
- 7) Bake for 20mins, until the muffins are golden brown and the top of the muffin springs back at the touch. Be careful not to burn your finger.

Chefs tip:

Store these in an air-tight container or freeze them for future lunches. If you're feeling like a little bite for dessert grab one of these, heat a muffin and serve with some greek yogurt – but be careful, the fibre in these muffins from the bran will fill your tummy up!

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