

# Mini apple & banana muffins

**Muffins are very easy to make, and they're perfect for breakfast on the go. You can freeze them too, so you don't have to eat them all at once!**

**Serves:** 12 adults

**Preparation time:** 20 mins

**Cooking time:** 25 mins

## Ingredients:

150g plain flour

1½ tsp baking powder

50g caster sugar

100ml semi-skimmed milk

1 egg

1 tsp vanilla extract (optional)

40g low-fat spread melted

1 medium apple peeled, cored and chopped

1 banana mashed

## What to do:

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Put 12 paper cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.
3. Put the milk, egg, vanilla extract and melted low-fat spread in a jug and beat together. Add to the dry ingredients with the apple and mashed banana. Stir until just combined. Do not overmix.
4. Spoon the mixture into the paper cases and bake for 20-25 minutes, until the muffins are risen and golden.
5. Carefully take the muffins in their paper cases out of the bun tray. Cool on a wire rack.

**Tip 1:** If you like, add ½ teaspoon ground mixed spice or ground cinnamon to the flour and sugar mixture.

## Notes:

This recipe has been taken from the Change4Life 'Supermeals for under a fiver' cookbook



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**Nutritional information:**

Per adult portion (i.e. 1/12 recipe)

389kJ / 93kcal

2.4g protein

2g fat of which 0.6g saturates

17g carbohydrate of which 7g sugars

0.5g dietary fibre

623mg sodium

1.5g salt

**suitable for freezing**

