

Raising Happy Chickens. Banana Muffin Recipe.

This recipe makes **12 banana muffins**. If you want more, just increase accordingly - it multiplies up well.

Ingredients.

You can use butter. However, for a lower fat version, I use applesauce instead.

- 1.5 cups all purpose flour
- 1 teaspoons baking powder
- 1 teaspoons baking soda (in the UK, 1.5 cups self-raising flour)
- 1 teaspoon ground cinnamon
- 3 large, ripe bananas
- 0.5 cup white sugar
- 1 large egg
- 0.3 cup of melted butter (or 1 cup applesauce)
- 1 teaspoon vanilla essence.

Method.

1. Heat the oven to 350°F/175°C.
2. Lightly grease your muffin pan (I use a smear of butter).
3. Put the flour, cinnamon and - if using - baking soda and baking powder into a bowl, mix together and set aside.
4. In a separate bowl, mash together the bananas, sugar, eggs, butter (or applesauce) and vanilla.
5. Now fold the flour mix into the banana mix. Do not beat! The less you stir the mix, the better. If you beat it or over stir, the muffins will be dry. As soon as the flour is combined - stop!
6. Drop a spoonful into each muffin pan.
7. And that's it!

How long you cook them for will depend on the size of your tins. I use a mini pan and they're ready in about 15 minutes; for larger sizes it will take nearer 30 minutes. The muffins are cooked when you lightly push the top and they spring back.

Enjoy!



Cathy x