



## BANANA MUFFINS

*Dessert:* This recipe is classified as a cake. Desserts, cakes and biscuits are allowed at lunchtime only. They must not contain any confectionery.

Recipe adapted from: Solihull Catering Service

### Ingredients

800g plain flour  
400g caster sugar  
320g oats  
40g (8tsp) baking powder  
20g (4tsp) bicarbonate of soda  
1kg ripe bananas  
20ml (4tsp) lemon juice  
200g (4) eggs  
680ml semi-skimmed milk  
20ml (4tsp) vanilla essence  
320g margarine, melted

### Method

1. Place in Preheat the oven to 200°C/400°F/gas mark 6.
2. Combine the flour, sugar, oats, baking powder and bicarbonate of soda together in a bowl.
3. In a separate bowl mash the bananas with the lemon juice.
4. In a large bowl beat the eggs, stir in the milk, vanilla, mashed banana and melted margarine.
5. Fold the flour into the egg mixture until just combined do not over mix at this stage.
6. Portion mix into muffin cases and bake for approximately 15 -20 minutes, until springy to the touch.

**Serving suggestion:** serve with cup of milk or milkshake.



#### Number of portions this recipe makes:

75 primary servings (50g)  
64 secondary servings (60g)



**Prep:** 20 minutes  
**Cook:** 20 minutes



#### Allergy information:

Egg, milk, oats (gluten), wheat (gluten)



### Top Tips

Ripen the bananas in a paper or plastic bag with an unpeeled, uncut apple, pear, or tomato.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats and milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).