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).