

BANANA MUFFINS

Eating For Sustained Energy: Gabi Steenkamp & Liesbet Delport

Recipe yields: 24 muffins

Portion Size: 1 muffin

- * 250ml sifted mealie meal (150g)
- * 5ml baking powder
- * 1ml salt
- * 50ml sugar
- * 100ml oil
- * 2 medium eggs (100g)
- * 1 large banana, mashed (\pm 200g)

1. Sift together mealie meal, baking powder, salt and sugar.
2. Beat oil and eggs together. Stir egg mixture and mashed banana into dry ingredients. Mix thoroughly.
3. Spoon the batter into the greased muffin tin hollow until two thirds full. Bake at 180°C for 25-30 minutes.

