

## Banana & buttermilk muffins



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Preparation 20 mins | Cooking 20 mins | Makes 12

- 2 cups self-raising flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- $\frac{3}{4}$  cup light brown sugar
- $\frac{1}{2}$  cup rice bran oil
- 3 very ripe bananas, mashed (about  $1\frac{1}{4}$  cups mashed banana)
- 1 cup buttermilk
- 2 free-range eggs
- Zest of 1 lemon
- 2 extra just-ripe small bananas, peeled and sliced, for topping
- Icing sugar mixture, for dusting

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Line a 12 x  $\frac{1}{2}$  cup muffin pan with paper muffin wraps or squares of baking paper.

**STEP 2** Sift flour, baking powder and cinnamon into a large bowl. Stir in brown sugar.

**STEP 3** Combine oil, mashed banana, buttermilk, eggs and lemon zest in a large jug. Whisk to combine. Using a large metal spoon, stir banana mixture into dry ingredients until just combined (do not overmix).

**STEP 4** Spoon mixture into muffin pan. Top with extra sliced banana. Bake for 20-25 minutes until golden. Cool in pan for 5 minutes then turn onto a wire rack. Lightly dust with icing sugar and serve.

### Good for you... **BANANAS**

*A good source of vitamins B6 and folate. Vitamin B6 is needed for the body's nervous system and folate is important for making red blood cells. A source of antioxidant vitamins E and C (vitamin C also helps protect us against infection). A good source of dietary fibre and also provides potassium.*

