

# Banana & Blueberry Muffins



Recipe to make 6 muffins.

You will need these

## ingredients:

- 90g oats
- 1 tsp baking powder
- 1 tsp vanilla essence
- 1 medium banana
- 1 medium egg
- 100g blueberries (fresh or frozen)

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## equipment:

- Large mixing bowl
- Medium mixing bowl
- Metal spoon
- Knife
- Chopping board
- Muffin cases
- Muffin/Cupcake tin
- Airtight container

## Instructions:

1. First heat the oven to 180°C/160°C fan.
2. Peel the banana and place into a medium bowl. Use the fork to mash the banana until smooth.
3. Wash the blueberries and use a knife to carefully cut them in half. Then use a fork to crush them slightly.
4. Use a fork to whisk the egg in a separate bowl (or cup). Add the vanilla essence and then mix again.
5. Add the egg mixture to the mashed banana and mix together with a spoon.
6. Add the oats and baking powder and then mix again.
7. Fold in the halved and crushed blueberries.
8. Evenly divide the mixture between 6 muffin cases.
9. Sprinkle with some oats and bake at 180°C for 20 minutes (until golden brown in colour).
10. Leave to cool on a cooling rack and then enjoy.

Store these muffins in an airtight container and keep in the fridge to keep fresh. They should last about 3 days if stored in the fridge.

Calories (per muffin)	Fat	Saturated Fat	Sugar	Protein
95 calories	1.8g	0.4 g	4.2g	3.4g