

## BANANA MUFFINS

A great way to use up over-ripe bananas for an occasional treat.

Makes 6

Per muffin: 110 calories, 7% fat

Prep time: 10 minutes

Cook time: 25 minutes

*Chef's tip: For an extra treat create a slit in the top of the muffin and slide in a few thin slices of banana.*

## INGREDIENTS

100g mashed banana  
50g Flora Lighter spread  
50g caster sugar  
2 eggs, beaten  
100g plain flour  
30g oats  
1 good tsp baking powder  
1 tsp caraway seeds  
a pinch of oats to garnish

## METHOD

1. Preheat the oven to 150°C, 300°F, Gas Mark 2 and line a 6-muffin tray with cake papers.
2. Cream together the banana, spread and sugar in a large bowl using a whisk. Gradually mix in the egg. Add the flour, oats and baking powder, mixing together with a wooden spoon combining well and sprinkling in the caraway seeds.
3. Divide the mixture between the 6 papers. Bake in the centre of the preheated oven for 20 - 25 minutes until well risen and golden brown.
4. Garnish with oats.

