

BANANA MUFFINS

NOTES TO STUDENTS and VOLUNTEER:

1. Please measure the ingredients accurately.
2. A volunteer or teacher is to supervise the use of the microwave to melt the butter.
3. A volunteer or teacher is to supervise the use of the oven to bake the muffins.

EQUIPMENT

Muffin pan
Paper cases
Knife
Small plate
Sifter
Measuring jug
Measuring cups
Kitchen scales
Fork
Large mixing bowl
Tablespoon
Wire rack
Tea towel

INGREDIENTS

- 2 cups plain flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ½ cup caster sugar
- 100g butter
- 1 cup milk
- 1 egg
- 1 ½ cups chopped banana

Topping

- 1 tablespoon sugar
- ½ teaspoon cinnamon

WHAT TO DO

- Preheat oven to 220°C.
- Line a 12 hole, 1/3 cup-capacity muffin pan with paper cases.
- Sift flour, baking powder, salt and caster sugar into a large mixing bowl.
- Melt the butter in the microwave.
- Combine the butter, milk and egg. Stir to combine using a fork.
- Make a well in the centre of the dry ingredients (flour mixture).
- Peel and coarsely chop the banana
- Add wet ingredients (chopped banana and egg mixture) to the dry ingredients (flour). Gently fold with a fork until ingredients are just combined. The mixture should be coarse and lumpy. **Do not over mix.**
- Place spoonfuls of mixture in the paper cases, filling each half full.
- To make the topping combine the sugar and cinnamon and sprinkle over the muffins before baking.
- Bake for 12 - 15 minutes, until muffins spring back when pressed in the centre.
- Remove from the oven and leave in the pan for 5 minutes.
- Transfer to a wire rack to cool.