

BANANA MUFFINS

MAKES 12 / PREP TIME 10 MINS / BAKE TIME 30 MINS

Ingredients

2 cups plain whole wheat flour
3 tsp baking powder
100g brown sugar
2 tsp ground cinnamon
2 free-range organic eggs
2 tbsp honey
310ml kefir
80ml rapeseed oil
2 ripe bananas, mashed

Method

Preheat oven to 180°C (160°C fan).

Line a 12 x 1/2 cup (125ml) capacity muffin tin with paper cases and set aside.

Place the flour, baking powder, brown sugar and ground cinnamon into a bowl and stir to combine. In a separate bowl, combine the eggs, honey, kefir and rapeseed oil.

Pour the egg mixture into the dry ingredients and fold them together gently until just combined, before adding the mashed banana.

Spoon the mixture into the prepared muffin tin and bake for 25 to 30 minutes or until cooked when tested with a skewer.

These are absolutely scrumptious, either eaten warm or cold.



Nutrifacts



Cinnamon supports blood sugar balance naturally, as it helps to increase insulin sensitivity

Eggs contain PROTEIN to help the body to both heal and grow. Protein also helps in slowing down sugar absorption which in turn, balances blood sugar levels. Eggs also contain contain VITAMIN A to support both vision and healthy skin, VITAMIN B12 to support red blood cell health and RIBOFLAVIN to promote normal growth

Raw honey is preferable to processed honey as it has not been heated, a process that destroys all natural antibacterial properties and digestive enzymes. Honey is quite high in both fructose and glucose (sugar), so consume in moderation and avoid cooking with it to preserve its natural properties

Bananas contain both immune boosting VITAMIN C and POTASSIUM to help maintain healthy blood pressure