

Lazza's Kitchen Ros's Banana Muffins

One of our fantastic Izzwalkers, Ros, bakes the most amazing muffins. I begged her for a recipe. This is courtesy of her. I will be cooking next week.

This is a simple easy to make healthy snack.

You need:

250g/9oz Plain Flour: 1teasp baking powder: 1teasp bicarb of soda; Half teasp cinnamon
Quarter teasp nutmeg; 3 large ripe bananas; 70g/2 and half oz. dark brown sugar; 1 egg
50ml/5/2fl oz. veg oil; 30g/1oz raisins and/or crushed nuts

Method:

Assemble everything to start with. You'll need a large mixing bowl, something a bit smaller, a muffin tin and some muffin cases if you can get them. If not just grease the tin thoroughly.

Sift the flour, baking powder, bicarbonate of soda, cinnamon and nutmeg into the large bowl. In another bowl, mash the bananas thoroughly and add the egg, sugar and oil. Mix well.

Add the mixture to the flour etc. in the large bowl, stir in the raisins/nuts and mix until just blended. Fill the holes in the muffin tin, or the cases in the muffin tin, two thirds full. You should get 10. If your tin has holes for 12, partly fill the remaining two with water.



Preheat the oven to gas mark 5/375F/190c. If you want to give the muffins a nice touch you can drizzle a little runny honey over the top and decorate with either a pecan nut or walnut or, as in the photo, a Brazil nut. Put the muffins into the oven to bake for about 20 minutes. Cool on a rack of some kind until cool enough to eat. Muffins freeze well if you don't want to scoff the lot at once.



**Our Izzwalkers have enjoyed Ros's
muffins on several Thursday walks in
Clissold Park.**

They taste amazing!!!!

You are in for a treat.