



Muffins FAST AND FANTASTIC

by SUSAN REIMER

Banana muffin recipe

I hesitate to extract a recipe from the book as the notes on muffin-making offer a great deal of guidance and numerous suggestions for ensuring success. However, for those who would really like to try their hand at muffin-making, here is the Banana muffin recipe from the book for you to try right now:

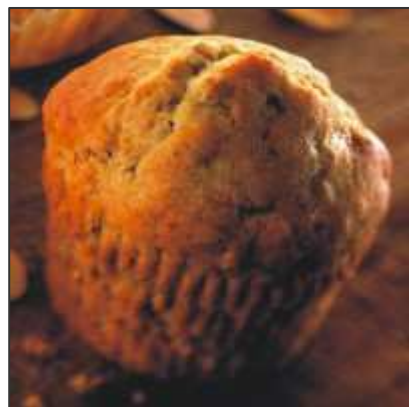
Makes 11-12 standard-size

Ingredients

10 oz (280 g) plain flour*
1 teaspoon (5 ml) baking powder
1 teaspoon (5 ml) bicarbonate of soda
¼ teaspoon (1.2 ml) salt
8-10 fl oz (240-290 ml) ripe banana purée (about 3 medium bananas)
4 oz (110 g) fine white granulated sugar
1 egg, beaten with a fork
3 fl oz (90 ml) milk or water
3 fl oz (90 ml) vegetable oil
2-3 oz (60-85 g) walnuts or plain chocolate chips (*optional*)

Method

1. Prepare muffin tins. Preheat oven to 375-400°F (190-200°C) for a conventional oven, Gas Mark 5-6.
2. In a large bowl, sift together flour, baking powder, bicarbonate of soda and salt. (Add chocolate if using.)
3. In another bowl, mash bananas thoroughly with a potato masher until puréed. Stir in sugar, beaten egg, milk/water and oil. (Add walnuts or oats if using.)
4. Pour all of wet mixture into dry. Stir lightly just until evenly combined and no dry flour is visible. Batter should have a thick dropping consistency.
5. Spoon into tins. Bake about 20 minutes until tops are lightly browned and spring back when pressed gently. Enjoy!



* With self-raising flour, omit baking powder; do not alter bicarbonate of soda.

Note: Ripe bananas can be frozen in an air-tight container or freezer bag. Simply thaw and peel when needed.