

# Egg-free Wholemeal banana Muffins

egg-free     nut-free     dairy-free     gluten-free (see Tips below)

**Makes: 14 to 16**

**Preparation time: 10 minutes + Cook time: 12 minutes**

## Ingredients

- 2 ripe large bananas or 3 ripe Eco lady finger bananas
- $\frac{3}{4}$  cup (140g) Organic rapadura sugar OR  $\frac{1}{2}$  cup (94g) Stevia
- 230g self raising flour
- 150g wholemeal self raising flour
- 1 teaspoon vanilla bean sugar or vanilla essence
- 2 tablespoon extra virgin olive oil
- 1 cup (250ml) milk of choice (dairy or alternative)



## Preparation

1. Preheat oven to **180°** degrees (no fan).
2. In a large bowl sift flours, vanilla sugar and rapadura sugar. Make a well in the middle of the mixture.
3. Mash bananas well and add to the bowl. Add the oil and milk. Stir using a spatula or wooden spoon until just combined. **Do not over mix.**
4. Line a 12 cup muffin tin with muffin cases (optional) and spray with oil. Drop large spoonfuls of batter into the muffin holes to fill about  $\frac{2}{3}$  capacity (do not overfill). Bake for **12 minutes** or until golden. Turn muffins out onto a cooling rack. Repeat with any extra batter and slightly reduce cooking time if not doing a full tray.

## Did you know?

Bananas can replace eggs in baking. 1 cup of mashed banana is equivalent to 1 egg. This replacement is only suitable in recipes that have a ratio of eggs to flour of 1 egg : 1 cup flour or less. This is handy to know if you've run out of eggs or would prefer to avoid the artificial-derived egg replacer mixes.

## Tips

To make this recipe **gluten-free**, use self-raising gluten free flour instead of wheat, and use  $\frac{1}{2}$  quinoa and  $\frac{1}{2}$  wholegrain rice flour instead of wholemeal wheat flour. Plus add 1 tsp gluten-free baking powder at Step 2. You may need a little extra oil or milk to compensate.