

Fairtrade Banana and Choc Chip Muffins

(makes about 12)

240g plain flour

1 tsp baking powder

1 tsp bicarbonate of soda

½ tsp salt

60g white granulated Fair-trade sugar

1 egg

3 large well ripened Fair-trade bananas – peeled and mashed

60g Fairtrade Chocolate chopped

60g rolled oats

60mls water

90mls melted low fat spread

1. Prepare muffin tins.
2. Preheat oven to 190°C/ Gas 5
3. In a large bowl, sift together flour, baking powder, bicarbonate of soda and salt.
4. In another bowl beat the egg and stir in the sugar, oats, water, low fat spread and thoroughly mashed banana.
5. Pour all the wet mixture into the dry mixture.
6. Stir gradually and gently until combined adding the choc chips. The batter will be lumpy, but no dry flour should be visible. Do not over stir.
7. Spoon into muffin cases and bake for about 20-25 minutes until the tops are lightly browned and spring back when pressed gently.

