

Muffins

Equipment:

Muffin tray/cups
Mixing bowl x 2
Fork
Whisk
Coconut oil
Nutribullet
(optional)

Ingredients:

2 bananas
5 eggs
1 tsp cinnamon
200g ground nuts *
100-150g fruit,
chopped nuts,
berries, etc **

1. Pre-heat oven to 160C
2. Optional: grind 200g of nuts to powder in NutriBullet
3. Brush the muffin tray with melted coconut oil (or use paper muffin cups)
4. In a large mixing bowl, mash the bananas with a fork until smooth.
5. Separate the eggs - put the yolks in with the bananas and the whites in a separate mixing bowl
6. Add the ground nuts and cinnamon to the bananas & yolks - mix well.
7. Whisk the egg whites until stiff - fold a spoonful at a time gently into the banana mixture.
8. Halfway through, add the fruit and/or chopped nuts etc, fold them in.
9. Continue to fold in all the whites - do not over-mix!
10. Spoon into the muffin cups - only two thirds full as the mixture rises (and then sinks).
11. Bake until well-risen and firm to the touch - approx 20-30 minutes depending on size of muffins.

*choose from: almonds, brazils, walnuts

** try dates, walnuts, cashews, seeds, cranberries, raisins, prunes, apple, pear ...

Jane Farrell
Food & Health

