

# banana muffins



**The recipe makes 24 small or 12 larger muffins**

## Ingredients

240g (430ml) flour  
15ml baking powder  
3ml salt  
100ml pecan nuts, chopped  
25ml sugar  
1 egg, beaten  
250ml milk  
50ml oil  
2 ripe bananas (mashed with fork)  
Muffin paper cups  
Cinnamon sugar (optional)

## Method

1. Heat the oven to 220°C
2. Prepare muffin tray and spray muffin cups well Spray 'n Cook
3. Sift together flour, baking powder and salt
4. Add pecan nuts and sugar
5. In another bowl beat together egg, milk and oil
6. Add egg mixture and mashed bananas to the flour mixture and mix well
7. Fill muffin cups with mixture
8. Bake for 15-20 minutes at 220°C
9. Take out and let it cool on a cooling rack
10. Sprinkle cinnamon sugar over
11. Enjoy as a snack on the run