

Banana and Honey muffins

You will need:-

- One and a quarter cups wholemeal self raising flour
- One and a quarter cups wholemeal plain flour
- 1 teaspoon bicarbonate of soda
- Half a cup honey
- 2 large bananas (mashed)
- 1 cup milk
- 1 egg
- 1 tablespoon melted butter
- mixing bowl
- measuring cup and spoons
- large baking tray or two smaller ones
- sieve
- wooden spoon
- oven gloves
- wire cooling rack

What to do:-

1. First wash your hands.
2. Set the oven temperature to 180°C: ask an adult to help you
3. Sift the flours into the mixing bowl and add bicarbonate of soda. Make a small well in the middle of the flour and add honey, bananas, milk, egg, and butter and mix well either with a wooden spoon or an electric mixer.
4. Grease the baking tray with oil or butter and place tablespoonfuls of the muffin mixture onto the tray(s).
5. Ask an adult to help you put the muffins in the centre part of the oven to cook for 20 to 25 minutes until golden brown. When the tray can be removed using the oven gloves.
6. Place the muffins on a wire rack to cool. They are best eaten with butter while they are still warm.