

# Best Ever Banana Muffin



**Makes 12**

**Prep 5 mins**

**Cooking 25 mins**

**Easy**

## **Ingredients**

3 large ripe bananas

150g white sugar

1 egg

75ml vegetable oil

188g plain flour

1 tsp bicarbonate of soda

1 tsp baking powder

1/2 tsp salt

1. Preheat the oven to 180C/160C Fan/Gas 4. Line your muffin tin with 12 paper cups
2. In a large mixing bowl, mash the bananas with a fork until no large pieces remain.
3. Add the sugar, egg and oil and mix with a wooden spoon until everything is incorporated.
4. Put the flour, baking powder, bicarb of soda & salt in a separate mixing bowl & stir them together with a fork. Once mixed together, dump the dry ingredients into the wet ones.
5. Using a wooden spoon, carefully mix the wet and the dry ingredients together. The danger here is over-mixing, which will result in dense, flat and dry muffins. The best technique for mixing is to scoop underneath the mixture and pull up gently instead of stirring around in a circle (like you'd stir a cup of coffee). Continue mixing this way just until the dry ingredients have been incorporated. It's fine if there are a few streaks of flour in the batter; it's the large pockets of flour you want to make sure are incorporated.
6. Spoon the batter into 12 lined muffin cups. Try your best to ensure you fill the cups evenly. This will ensure each of the muffins is finished baking at the same time. Bake the muffin in the oven at the temperature stated above for about 23-25 mins, depending on your oven or until they are golden brown.
7. Let them cool in the tins for about 5 mins and then turn them out on a cooling rack to cool down completely.
8. These muffins can be stored in an airtight container for up to 4 days.