

# Delicious Banana Muffins



**Makes 12 Prep 15 mins**

**Cooking 25 mins**

**Easy**

## Ingredients

200g self-raising flour  
1/2 teaspoon salt  
2-3 large bananas, mashed  
130g caster sugar  
1 egg  
75 butter, melted  
50-70g blueberries (optional)

1. Preheat the oven to 180 C / Fan 160C /Gas 4.
2. Place 12 paper baking cases in a muffin tin.
3. Sift together the self-raising flour, and salt; set aside.
4. Combine mashed bananas, sugar, egg and melted butter in a large bowl.
5. If using, add the washed and dried blueberries to the flour. Fold in flour mixture, and mix until smooth.
6. Spoon evenly into baking cases in muffin tin. Bake in preheated oven for 25 to 30 minutes or until muffins spring back when lightly tapped