

BREAKFAST RECIPES



Banana & Yoghurt Muffins

Ingredients:

- 3 1/2 cups self-raising flour
- 1 cup caster sugar
- 2 cups natural yoghurt
- 2 eggs
- 1 1/4 cups vegetable oil
- 4 large bananas, mashed
- 1 teaspoon cinnamon
- 1 cup coconut (optional)

Method:

1. Preheat oven to 180°C. Lightly grease a 2 x 12-hole, 1/3 cup-capacity muffin pan
2. Sift flour and sugar into a bowl
3. Combine yoghurt, egg, oil and mashed banana in a large bowl
4. Gradually add dry ingredients, stirring until just combined
5. Spoon mixture into muffin holes
6. Bake for 20 to 25 minutes or until a skewer inserted into the centre comes out clean
7. Stand muffins in pan for 5 minutes. Turn onto a wire rack to cool

Alternative:

- Use gluten free flour

