



Chocolate and Banana Muffins



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 25 MINUTES



SERVES: 12

Ingredients

Muffin

- 2 1/4 cups Self Raising flour
- 1/2 teaspoon bicarb soda
- 1/2 cup brown sugar
- 3/4 cup milk or dark chocolate chips
- 2 very ripe bananas, mashed
- 1/3 cup vegetable oil
- 1/3 cup maple syrup
- 1/2 cup buttermilk
- 1 egg, lightly beaten

Topping

- 1 cup flaked coconut
- 1 tablespoon maple syrup extra
- 2 teaspoons melted butter

Notes

Method

Preheat the oven on CircoTherm® to 170 °C.

Sift the dry ingredients into a bowl, add the chocolate chips.

Whisk together the banana, oil, syrup, buttermilk and eggs then add to the dry ingredients and mix until combined.

Spoon the mixture into muffin paper lined 12 x 1/3 cup muffin pan.

Bake for 20 minutes until golden. Meanwhile combine in a small bowl the coconut, maple syrup and butter. Remove the muffins from the oven, quickly top with the coconut mix then return to the oven for a further 5 minutes or until the coconut is lightly browned. Allow to cool thoroughly on a wire rack before serving.