BANANA MUFFINS

NOTES TO STUDENTS and VOLUNTEER:

1. Please measure the ingredients accurately.
2. A volunteer or teacher is to supervise the use of the microwave to melt the butter.
3. A volunteer or teacher is to supervise the use of the oven to bake the muffins.

EQUIPMENT

- Muffin pan
- Paper cases
- Knife
- Small plate
- Sifter
- Measuring jug
- Measuring cups
- Kitchen scales
- Fork
- Large mixing bowl
- Tablespoon
- Wire rack
- Tea towel

INGREDIENTS

- 2 cups plain flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ½ cup caster sugar
- 100g butter
- 1 cup milk
- 1 egg
- 1 ½ cups chopped banana
- 1 tablespoon sugar
- ½ teaspoon cinnamon

WHAT TO DO

- Preheat oven to 220°C.
- Line a 12 hole, 1/3 cup-capacity muffin pan with paper cases.
- Sift flour, baking powder, salt and caster sugar into a large mixing bowl.
- Melt the butter in the microwave.
- Combine the butter, milk and egg. Stir to combine using a fork.
- Make a well in the centre of the dry ingredients (flour mixture).
- Peel and coarsely chop the banana
- Add wet ingredients (chopped banana and egg mixture) to the dry ingredients (flour). Gently fold with a fork until ingredients are just combined. The mixture should be coarse and lumpy. **Do not over mix.**
- Place spoonfuls of mixture in the paper cases, filling each half full.
- To make the topping combine the sugar and cinnamon and sprinkle over the muffins before baking.
- Bake for 12 - 15 minutes, until muffins spring back when pressed in the centre.
- Remove from the oven and leave in the pan for 5 minutes.
- Transfer to a wire rack to cool.