

## **BANANA MUFFINS**

### **INGREDIENTS**

- 1.5 CUPS all-purpose gluten free flour( I used a pack that had a mixture of tapioca starch, rice flour, potato starch, modified tapioca starch-non-GMO and others.
- 5ml baking powder
- 5ml bicarbonate
- 0.5ml salt
- 125ml honey
- 4 eggs
- 1/3 cup olive oil
- Cinnamon 5ml
- Vanilla essence 5ml

### **EQUIPMENT**

- Muffin tin
- Measuring cups
- Big sieve for flour
- Measuring spoons
- Masher or fork to mash bananas
- Mixing bowl
- Spoon to mix with

### **METHOD**

- Preheat oven to 175 degrees centigrade.
- Grease muffin tin or line with muffin cases.
- Sift together flour, baking powder, baking soda, salt.
- Mash bananas.
- Add honey, and olive oil.
- Scoop into muffin cases about 2/3<sup>rd</sup> full.

- Bake for 10-15 min for small muffins and 20-25 min for larger ones until they are done.