

Fruit Muffins

Ingredients

- 210g plain flour
- 2 tsp baking powder
- ½ tsp salt
- 1 large ripe banana mashed
- 135 g light brown sugar
- 80 ml vegetable oil
- 100 ml oat/soya milk
- ½ tsp lemon zest
- 100 g fresh blueberries



Method

1. Preheat the oven to fan assisted 160C / 180C / 350F / gas 4 and line a 12 cup muffin tray line with muffin liners.
2. In a large bowl, mix the flour, brown sugar, baking powder, and salt.
3. In another bowl whisk together the mashed banana, oil, milk and lemon zest.
4. Add the wet ingredients along into the dry and mix until just combined before carefully folding in the blueberries.
5. Divide the muffin batter into the muffin cups and bake for 20-22 mins or until a skewer inserted into a muffin comes out clean.
6. Allow the muffins to cool slightly in the baking tin before transferring them a cooling rack.