

# Banana & Blueberry Muffins



A great tasting healthy muffins, that will keep for 3 days in an air tight container.



## Ingredients

300g self-raising flour  
1 tsp bicarbonate of soda  
100g light muscovado sugar  
50g porridge oats , plus 1 tbsp for topping  
2 medium bananas, the riper the better  
284ml carton buttermilk  
5 tbsp light olive oil  
2 egg whites  
150g punnet blueberries

## Method

Heat the oven to 180C/fan 160C/gas 4 and prepare a muffin tin with paper cases for 12 cakes.

Pour the flour and bicarbonate of soda into a bowl. Hold back 1 tbsp of the sugar, then mix the remainder with the flour and 50g oats.

Make a hole in the centre. Mash the bananas in another bowl until nearly smooth. Stir in the buttermilk, oil and egg whites into the mashed banana until evenly combined.

Pour the liquid mixture into the well and stir quickly and sparingly with a wooden spoon. The mix will look lumpy and may have the odd fleck of flour still visible, but don't be tempted to over-mix. Tip in the blueberries and give it just one more stir.

Divide the mix between the muffin cases - they will be quite full - then sprinkle the tops with the final tbsp of the oats and the rest of the sugar.

Bake for 18-20 mins until risen and dark golden. Cool for 5 mins in the tray before lifting out onto a rack to cool completely.