## **Fudgy Banana Muffins**

## Ingredients:

250g Self Raising Flour 125ml Semi Skimmed Milk 100g Soft Light Brown Sugar 100g Fudge 75g Butter



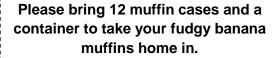
2 Medium Ripe Bananas

2 Eggs

2 Tablespoons Clear Honey

1 Teaspoon Baking Powder: School to Provide

1 Teaspoon Vanilla Extract







## Method:

- 1. Preheat oven 190°C or Gas Mark 5.
- 2. Put a muffin case into each hole in the muffin tray.
- 3. Weigh and measure out all ingredients accurately.
- 4. Sift the flour and baking powder into a large plastic mixing bowl.
- 5. Put the fudge on a chopping board and cut into small chunks.
- **6.** Add the soft light brown sugar and fudge to the large bowl and stir them in thoroughly with a white plastic stirring spoon.
- 7. Make a well in the middle of the mixture.
- **8.** Place the butter in a small saucepan at the front of the hob and heat it gently over a low heat until the butter has melted. **DO NOT** boil.
- **9.** Remove the saucepan from the heat and place on a pan-stand. To the saucepan add the milk and vanilla extract.
- **10.** Peel the bananas and put them onto a plate and mash them with a fork until they are fairly smooth.
- **11.** Break each egg into a small bowl and beat them with a fork.
- **12.** Add the bananas and the beaten eggs to the saucepan. Mix the ingredients thoroughly with a white plastic stirring spoon.
- **13.** Then pour the mixture that is in the saucepan into the well in the middle of the dry ingredients.
- 14. Stir everything with a white plastic spoon, until it is just mixed together. The mixture should still look quite lumpy. Spoon the mixture using two metal spoons into the paper muffin cases.
- **15.** Bake the muffins for 20 minutes until they are firm and well risen.
- **16.** Leave them in the tray for 5 minutes after baking.
- **17.** Brush the tops with honey, then lift them onto a cooling rack.





