

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



Please bring 12 muffin cases and a container to take your fudgy banana muffins home in.

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.

