

# Banana and chocolate muffins

SMH ACTIVITY HUB



# Ingredients

3-4 bananas

.2 eggs

.half a cup of almond milk (100g)

.-10 Tbsp of wholegrain flour or oat flour  
(100g)

.-7.5 Tbsp of cocoa powder (45g)

.-3 Tbsp of maple syrup (30g)

.-3 Tbsp of honey (30g)

.-1 Tsp of baking powder (5g)

.10 Tbsp chocolate chips or dark chocolate  
(40g)

.9 Tbsp of greekstyle yogurt (180g)

.1 Tsp of coconut oil or butter (5g)

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# Equipment

- Large bowl
- Hand or electric mixer
- Fork
- Tea spoon
- Table spoon
- Muffin baking mold
- Measuring Jug



# STEP 1

Preheat the Oven to 180 up  
and down



## STEP 2

Peel and mash bananas



## STEP 3

Add x2 eggs



## STEP 4

Whisk eggs and bananas



# STEP 5

Add the rest of the ingredients



## STEP 6

Mix all the ingredients together



## STEP 7

Finish when you have nice a smooth consistency



## STEP 8

Use paper towel to grease muffin mould with coconut oil or butter.



## STEP 9

Pour chocolate mass to the  
mould using spoon



## STEP 10

Fill all moulds with your mixture



## STEP 11

Place the tray in the oven and bake for 30-35 minutes.



## STEP 12

After 30 minutes take the tray out from the oven and allow to cool for 5 minutes.

Remember to use oven mitts so you don't burn Your hands!



# STEP 13

Thank You and Enjoy.

