Banana and chocolate muffins

SMH ACTIVITY HUB



<u>Ingredients</u>

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)



Equipment

-Large bowl

-Hand or electric mixer

-Fork

-Tea spoon

-Table spoon

-Muffin baking mold

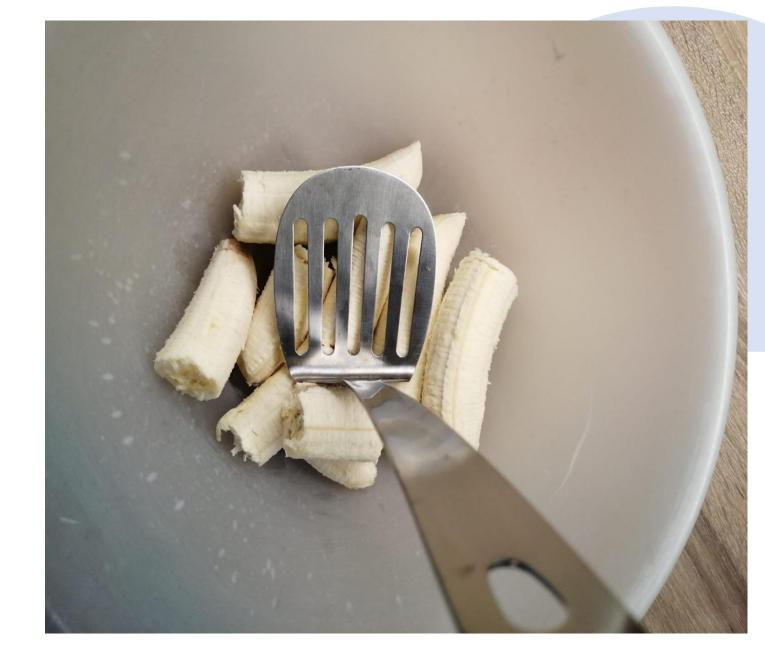
-Measuring Jug



Preheat the Oven to 180 up and down



Peel and mash bananas



Add x2 eggs



Whisk eggs and bananas



Add the rest of the ingredients



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Mix all the ingredients together



Finish when you have nice a smooth consistency



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



Pour chocolate mass to the mould using spoon



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Fill all moulds with your mixture



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



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

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



Thank You and Enjoy.

