

Spicy Banana Muffins

Ingredients

50g/2oz of low fat margarine

200g/7oz of plain flour

2 teaspoons of baking powder

100g/4oz of caster sugar

1 teaspoon of ground cinnamon

2 medium bananas

100ml/5fl oz skimmed milk

1 egg, beaten

Recipes

Pre-heat the oven to 200°C, 400°F, gas mark 6.

Put 10 baking cases in a baking tray.

Melt the low fat spread and leave to cool slightly.

Sift the dry ingredients into a large bowl.

Mash the bananas with a fork and 1 teaspoon of lemon juice.

Mix together the remaining lemon juice, milk and egg.

Pour the wet ingredients into the dry ones and stir carefully, -do not over mix.

Gently fold in the mashed banana.

Divide the mixture between the paper muffin cases.

Cook for 20 to 25 minutes until golden brown. Cool on a rack.

Eat and enjoy. Can be eaten slightly warm but take care.