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**HEALTHY LIVING**

Here is a recipe for you to try at home. Ordinary muffins are high in fat and sugar, so are not very healthy.

This recipe uses ripe bananas which are sweet, so you don’t need to add so much sugar. Wholemeal flour is healthier than white flour.

**You will need this equipment:**

6 hole muffin tin Wooden Spoon

Muffin cases Masher or a fork

Mixing bowl Teaspoon

Weighing Scales

**Ingredients**

125g wholemeal flour

3 level tbsp light muscovado sugar

2 level tsp baking powder

1 medium free-range egg, beaten

50g low-fat plain yoghurt

50ml rapeseed oil, plus a little extra for greasing

2 ripe bananas (175g peeled weight), roughly mashed

**Method**

1. Preheat the oven to 200C/180C Fan/Gas 6. Line a six-hole muffin tin with muffin cases or grease it.
2. Mix together the flour, sugar and baking powder in a bowl. In a separate bowl, beat together the egg, yoghurt and oil. Make a well in the flour, pour in the liquid and mix well. Stir in the mashed bananas, taking care not over-mix.
3. Spoon the mixture into the prepared cases and bake for 20–30 minutes, or until a skewer inserted into the centre comes out clean. Transfer the muffins to a wire rack to cool.

