



# Wholemeal Banana & Chocolate Muffins [Pairs - 6 each PCS]

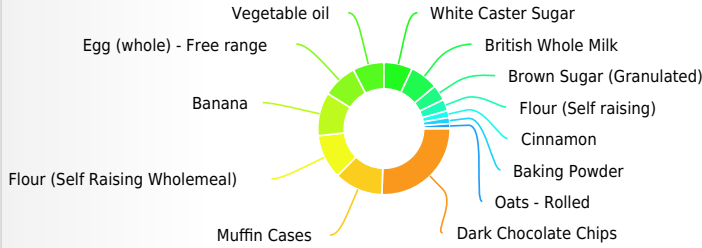


Cost of Recipe: **£2.35**

Makes: **2 ea**

Cost per Serving: **£1.177**

Ingredient Cost Chart



Allergens



Gluten



Milk



Egg



Soybean

## Ingredients:

## Note/Description:

#	NAME:	QTY:	COST:
1	Salt [Table] [7522742]	1 pinch	£0.00
2	Dark Chocolate Chips [7607647]	50 g	£0.60
3	Flour (Self Raising Wholemeal)	125 g	£0.26
4	Flour (Self raising)	125 g	£0.07
5	Brown Sugar (Granulated), For Topping Muffins	50 g	£0.09
6	Oats - Rolled, For Topping the muffins	20 g	£0.03
7	Vegetable oil [178266]	90 ml	£0.18
8	Banana, (ripe, mashed)	1 ea	£0.25
9	British Whole Milk [181402]	240 ml	£0.16
10	Egg (whole) - Free range [8008268]	1 ea	£0.20
11	White Caster Sugar [7713286]	75 g	£0.17
12	Cinnamon, (ground)	1/2 tsp	£0.04
13	Baking Powder [7720226]	2 tsp	£0.04
14	Muffin Cases [7297258]	12 ea	£0.28

**MIS EN PLACE:** **Prepare** yourself and work area - wash hands, tie hair up, put an apron on.

**Collect** equipment and weigh **ingredients**, put your muffins cases in the tray, **turn oven on 180c**.

In a mixing bowl, **mix together** the **dry ingredients** - the **flour(s), salt, baking powder, ground cinnamon** and **caster sugar**.

In a jug, **mix together** the **wet ingredients** - [**mashed banana, egg, milk, oil**].

**Combine** the dry and wet ingredients in the bowl **add Chocolate** (if using), **stir** to combinel, but do not overmix (you need to keep the air inside the mixture so the muffins can rise).

Using a metal spoon, **fill** the cases halfway and **clean** the spillages on the tray with a paper towel.

**Sprinkle** each muffin with some **oats** and granulated **brown sugar**.

**Bake** the muffins in the preheated oven (**180 Degrees**) for **18 minutes** (swap them halfway if you share the oven).

**Check** muffins are cooked. **Insert** a knife into the centre of the muffin, if it comes out clean they are cooked.

Allow the muffins to **cool** down, when **cool** present as you wish.

**Clean down** work area, table first and ensure surfaces and all equipment is cleaned in hot soapy water and dried thoroughly before being put away