

# Banana and Sultana Muffins



## Ingredients

Makes: 12 muffins

- 85g (3oz) butter or sunflower spread
- 85g (3oz) light brown sugar
- 170g (6oz) self-raising flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon bicarbonate of soda
- 1 medium egg, beaten
- 2 medium very ripe bananas
- 114g (4oz) sultanas

## Method

1. Preheat the oven to 180 C / Gas 4.
2. Cream butter and sugar together in a bowl till light and fluffy.
3. Sift flour, cinnamon and soda together in a separate bowl.
4. Add egg and a spoonful of the flour mixture to the butter and sugar. Beat well.
5. Mash the bananas with a fork in a separate bowl, add to main mixture and stir in.
6. Stir in the rest of the flour mixture and mix well. Add the sultanas, stir in and beat to mix thoroughly.
7. Divide mixture between 12 muffin cases. Bake until a skewer comes out clean, about 20 minutes.
8. To freeze, place baked muffins in plastic container and place in freezer. Thaw at room temperature for a couple of hours.

## Tip

If you want to make this recipe as a loaf, place the mixture in a greased loaf tin and bake at 180 C for about 1 hr then turn down heat to 150 degrees and bake for a further 30 to 40 minutes. Cover top with foil if it starts to look too brown.