

Do you know the Muffin Man?

BANANA MUFFIN

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Serving of 10 muffins

INGREDIENTS

75g margarine, melted
150g self-raising flour
100g wholemeal flour
1 tsp baking powder
¼ tsp salt
½ tsp ground cinnamon
½ tsp ground nutmeg
110g caster sugar
1 tsp vanilla extract
2 bananas, mashed
2 eggs
125ml low fat milk

METHOD

1. Heat the oven to 190°C. Sift flour, baking powder, salt, cinnamon and nutmeg together in a large bowl, add caster sugar and stir through.
2. Whisk or beat together the eggs, vanilla extract, melted butter and milk in another bowl. Add the mashed banana and stir through.
3. Make a well in the centre of the dry ingredients and add the egg mixture, stirring roughly until a lumpy paste is formed.
4. Set paper cases into the moulds, or grease the moulds well with oil or margarine and spoon in the mixture until $\frac{3}{4}$ full.
5. Bake for 20-25 minutes or until the muffins are cooked. Rest the muffin tray on a wire rack for five minutes then remove the muffins and leave on the rack for another 5 minutes before serving.



Nutrient Analysis Per Serving	
Energy	223Kcal
Carbohydrate	33g
Protein	5g
Fat	8g
Saturated fat	1.6g
Cholesterol	36g
Dietary fibre	2.3g

Carbohydrate Exchanges = ~ 2 exchanges