## Banana Maple Muffin

## NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 cups self-raising flour
- $1 / 3$ cup plain flour
- $1 / 2$ tsp bicarbonate soda
- 1/2 cup firmly packed brown sugar
- 1/4 cup maple syrup
- $2 / 3$ cup mash bananas (about 2 bananas)
- 2 eggs, lightly beaten
- 1 cup buttermilk/oat milk
- $1 / 3$ cup vegetable oil


## Instructions

MAKE 12

- Grease 12 hole muffin pan
- Sift dry ingredients into a large bowl, mix well
- Stir in syrup, banana, then eggs, milk and oil
- Spoon mixture into pan
- Bake for 17-20 minutes

