



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
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