

Banana Yoghurt Muffins



Servings: 12

Ingredients

1 $\frac{3}{4}$ cups
of self-
raising
flour



1 egg



$\frac{2}{3}$ cup
vegetable
oil



$\frac{1}{2}$ cup
caster
sugar



1 cup
natural
yogurt



2 bananas,
mashed



Method

Step 1

Preheat oven to 180°C. Lightly grease a 12-hole pan.



Step 2

Sift flour and sugar into a bowl.



Step 3

Combine yogurt, egg, oil and 1 cup of mashed banana in a large bowl.

Gradually add dry ingredients.



Step 4

Stir until just combined.



Step 5

Spoon mixture into muffin holes.



Step 6

Bake for 20 to 25 minutes.

Remove from oven using oven mitts and stand muffins in pan for 5 minutes.



Step 7

Serve warm or cold.

