



Banana Oat Muffins

Here we have two of the favourite healthy breakfast ingredients combined in a treat you can eat on the spot or take with to work. Potassium rich bananas and oats both have gut-healthy soluble and insoluble fibre to keep the digestive system in order.

Credits: Ceri, Zenxin master chef

Key facts:

Preparation: 10 mins

Cooking time: 30 mins

Total: 40 mins

Serves: 12

Ingredients:

300g organic wholemeal flour

50g organic rolled oats

50g organic molasses sugar

2 tsp baking powder

a pinch of French sea salt

6 Zenxin organic Thai bananas

150g organic butter

180 g organic rice milk

2 eggs

Organic camellia seed oil for brushing the muffin tins

Method:

1. Preheat the oven to 190°C and brush muffin tin with oil
2. Add together the dry ingredients (flour, oats, sugar, baking powder & salt) into a large stainless steel bowl and mix thoroughly with a fork or whisk.
3. Cut slices of banana into the dry mixture, stir and coat well.
4. Melt the butter and add the milk and eggs, whisking together
5. Add the wet ingredients to the dried, mix thoroughly
6. Portion the mixture to the muffin tray as quickly as possible.
7. Place tray in the oven and bake for 30 mins or when a toothpick comes out clean.
8. Serve immediately!