



Banana Weet-Bix Muffins

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Traffic light category: **Amber** Serves: 12 (75g)

Ingredients

- 3 ripe bananas
- 4 Weet-Bix
- 185mL reduced fat milk
- 2 medium eggs
- 80g polyunsaturated margarine
- 1½ cups self raising flour, sifted
- 3 tablespoons brown sugar

Method

1. Preheat oven to 180°C, lightly grease a 12-hole muffin tray or line with paper patty cases
2. In a medium bowl, add bananas, Weet-Bix and milk, mix to combine. Set aside for 10 minutes to soften
3. In a large bowl, beat eggs and margarine, spoon in banana mixture and fold
4. Add flour and sugar to banana mixture, mix to combine
5. Spoon mixture evenly into muffin cases. Bake for 20-25 minutes or until golden and cooked through
6. Rest in tray for 5 minutes, before transferring to a wire rack to cool completely.



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