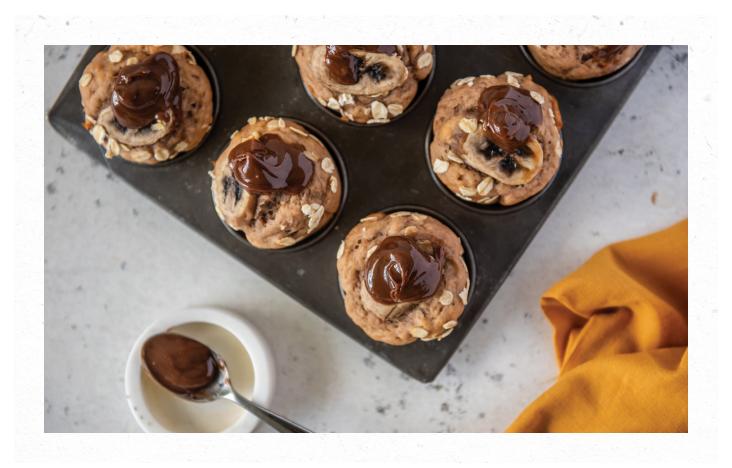


Banana Honey Muffins

EASY • 30 MINS

Take four bananas, add a few wholesome ingredients, a big dollop of cocoa honey on top and you have a whole new spin on this lunchbox essential! Refined sugar free, we hope this recipe becomes a favourite in your household.



SKILL LEVEL Easy PREP TIME 10 mins COOKING TIME

SERVINGS

Ingredients

- 4 ripe bananas
- 90g (¼ cup) Capilano Honey
- 1/4 cup coconut oil, melted and cooled

Method

- 1. Preheat oven to 180°C (fan forced). Blend or mash 3 bananas, combine with coconut oil and honey until well mixed.
- 2. In a large bowl, combine flour and salt and then add puree and stir until well combined. Add the egg and stir until just incorporated.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!



- $1\frac{1}{2}$ cups self-raising flour
- ¼ tsp salt
- legg
- 1 tablespoon rolled oats

To serve

- 3 tablespoons Capilano Pure Honey
- 1 tsp cocoa powder, sifted

Used in this recipe

Method

- 3. Divide the mixture between the 12 holes of a paper lined muffin tin (filling each to 3/4 full) then top each with a slice of banana and a sprinkle of pats
- 4. Bake for 18-20 minutes until a skewer inserted into the batter comes out clean.
- 5. Set aside to cool.
- 6. When ready to serve, combine additional honey and cocoa powder, mixing well until smooth. Dollop a teaspoon on top of each muffin.