



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
20 mins

SERVINGS
12

Ingredients

- 4 ripe bananas
- 90g (1/4 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.

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- 1 ½ cups self-raising flour
- ¼ tsp salt
- 1 egg
- 1 tablespoon rolled oats

To serve

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

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 oats.
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.

Used in this recipe

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