



# 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 favorite in your household.



SKILL LEVEL  
Easy

PREP TIME  
10 mins

COOKING TIME  
20 mins

SERVINGS  
12

## Ingredients

- 4 ripe bananas
- 90g (¼ cup) Capilano Organic Raw Honey

## Method

1. Preheat oven to 180°C (fan forced). Blend or mash 3 bananas, combine with coconut oil and honey until well mixed.

Visit [capilano.org.au](https://capilano.org.au) to learn how to swap honey for sugar in your recipes.

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- ¼ cup coconut oil, melted and cooled
- 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

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.
3. Divide the mixture between the 12 holes of a paper lined muffin tin (filling each to ¾ 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



### ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

#### Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

#### Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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