

Replace the raspberries with different seasonal fresh, frozen or canned fruit.

Nut free  
Vegetarian



Healthy Choices category:

**AMBER**  
(Choose carefully)

Ingredients	12 serves	24 serves
Ripe bananas	2 large	4 large
Vanilla essence	1 teaspoon	2 teaspoons
Baking soda	¼ teaspoon	½ teaspoon
Milk, reduced fat	¾ cup (180mL)	1½ cup (375mL)
Egg	1	2
Canola oil	1/3 cup (80mL)	2/3 cup (160mL)
Self-raising flour, white	1 cup (150g)	2 cups (300g)
Self-raising flour, wholemeal	1 cup (160g)	2 cups (320g)
Cocoa	1 tablespoon	2 tablespoons
Sugar	¼ cup (55g)	½ cup (110g)
Frozen raspberries	1 cup	2 cups

## Method

- 1 Pre-heat oven to 200°C.
- 2 In a medium bowl, mash the bananas then mix in the vanilla essence. Add the baking soda and milk.
- 3 In a separate bowl, lightly beat the eggs and add the oil, then add the banana mixture, stirring well.
- 4 In a large bowl, sift the flours and cocoa together, then add the sugar. Make a well in the centre of the flour mix. Slowly add the liquid ingredients, then fold in raspberries. Be careful not to over stir.
- 5 Pour mixture directly into non-stick muffin trays, or line with paper cases, and bake for 15–20 minutes. Take muffins out of tray and allow to cool on a wire rack.

## Tips

- Leave out the raspberries to make cocoa and banana muffins instead.
- Alternatively, replace the raspberries with different seasonal fresh fruits, frozen fruit or canned fruit, such as canned peaches (in natural juice).

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.