

Banana Choc Muffins



Recipe

Makes 10 muffins

1 ripe banana

$1\frac{1}{2}$ cups self raising flour

$\frac{2}{3}$ cup sugar

$\frac{1}{2}$ cup choc bits*

1 egg

$\frac{2}{3}$ cup milk

$\frac{1}{4}$ cup oil

* sultanas may be used

Notes

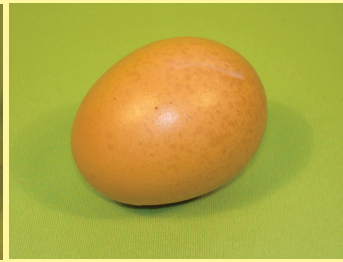
* Adult help required.
careful oven is hot

Wash hands before cooking.
Oven is hot.

Use an oven mitt to handle
hot muffin tray.

Wash dishes when finished.
Pack away.

Ingredients



Utensils



Appliances



1. Turn oven on to 180°.
Get the muffin tray.



2. Get the cooking spray.
Spray the muffin tray.



3. Get a wooden spoon.
Get a mixing bowl.



4. Get the banana, peel.
Get a fork.
Mash the banana.



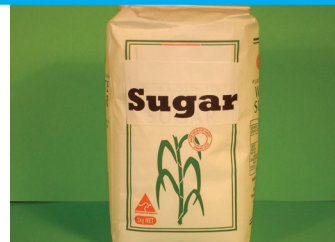
5. Get the seive.
Get the measuring cups.



6. Get the flour.
Measure 1½ cups flour.
Seive into bowl.



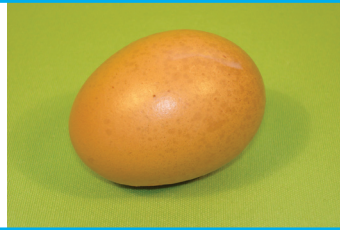
7. Get the sugar.
Measure ⅔ cup sugar.
Put in bowl.



8. Get the choc bits.
Measure ½ cup
choc bits. Put in bowl.



9. Get the egg.
Crack egg into bowl.



10. Get the oil.
Measure $\frac{1}{4}$ cup
oil into the bowl.



11. Get the milk.
Measure $\frac{2}{3}$ cup of
milk into bowl.



12. Add the mashed
banana to the bowl.
Stir all together.



13. Get a spoon.
Spoon mixture into
muffin tray.



14. Bake at 180°
20 mins or till muffins
are golden.



15. Cool slightly before
removing from tray.



16. Serve warm.

