

No-sugar-added blueberry and banana wholemeal muffins

Recipe by: Speck



Saved by 154 cook(s)

Ready in 30 min

Picture by: LornaNunn

For the health-conscious breakfast eater, this is a great substitute for fattier counterparts. You can use plain flour in place of the wholemeal flour if desired. Other fruits can be substituted as well!

Ingredients

Serves: **18**

225g mashed bananas
1 egg
125ml water
125ml vegetable oil
250g wholemeal flour
1 teaspoon bicarbonate of soda
2 1/4 teaspoons baking powder
150g fresh or frozen blueberries

Preparation method

Prep: 15 min | Cook: 15 min

1. Preheat an oven to 180 C / Gas mark 4. Grease 18 muffin cups, or line with paper muffin liners.
2. Mix together mashed bananas, egg, water and oil in a large bowl. Mix in flour, bicarb and the banana, but that's okay!). Gently fold the blueberries into the mixture.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, at

Nutrition

Calories 124 kcal
Fat 6.6 g
Salt 119 mg
Carbohydrates 14.8 g
Fibre 0.9 g

