

Chocolate and Banana Muffins

Ingredients –

100g butter or margarine
175g caster sugar
225g self-raising flour
50g cocoa
1 teaspoon baking powder
2 eggs
2 ripe bananas
2 tablespoons milk



Method –

Pre-heat oven to 180 degrees C/350 degrees F/Gas mark 4

Measure all ingredients into a bowl and blend together with an electric mixer

Spoon into 12 muffin cases

Bake for 15-18 minutes, or until a skewer comes out clean

Muffins can be frozen for up to 3 months. One muffin can be defrosted in a microwave for 30 seconds on full power

‘The recipe is my go to recipe when I want to give someone a gift, especially if they are unwell or have been bereaved. The muffins are easy to make and can be frozen in a ziplock bag for up to 3 months, so the recipient can take them out one at a time, defrost them in the microwave, and have a warm and comforting snack whenever they would like.’

-Katherine Luxford Celebrant