

## Banana bread muffins

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## Banana bread muffins

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The size of the bananas and the size of the paper baking cups you use will determine how many muffins you get.

### **Ingredients** (makes 8 to 10 small muffins)

- 2 very ripe, peeled bananas
- ½ cup coconut sugar
- ¾ cup [Bonsoy organic soy milk](#)
- 1 tsp vanilla essence
- 1 cup wholemeal flour
- 1 tsp baking powder
- ¼ tsp of salt
- Optional – flour or coconut sugar for dusting

### **Method**

Preheat your oven to 180°C.

Place 10 paper baking cups onto an oven tray and set aside.

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Place the bananas, sugar, soy milk and vanilla essence into a blender, blend till smooth and set aside.

Combine the flour, baking powder and salt into a large bowl.

Add the banana mixture to the flour mix and stir all the ingredients until they are well combined.

Spoon three to four tablespoons of mixture into each paper baking cup. You want the cups to be almost full. Just leave about half a cm from the top to allow the muffins space to rise. Place them in the oven and bake for 25 minutes. After 25 minutes, check if they are ready by inserting a skewer. If it comes out fairly clean and the muffins have browned on top, remove them. If not, simply cook them for a few more minutes.

Once they are cooked, place them on a cooling rack. Wait till they have completely cooled, otherwise the paper cups stick to the muffin. Then dust the tops of the muffins with flour or coconut sugar and either serve them, or store them in an airtight container.

**Note:** You can substitute the sugar with half a cup of maple syrup if you wish.

If you are avoiding soy you could experiment with other plant-based milks such as oat or rice milk.

NEXT: [Banana and walnut bread>>](#)

Recipe from Mel B, [thekindcook.com](http://thekindcook.com)

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