

**EQUIPMENT:** Mixing bowls, wooden spoon, 12 cup muffin pan

INGREDIENTS	Makes 12	Makes 24	Makes 48
Bananas – very ripe	1 large	2	4
Apple - pureed	½ cup	1 cup	2 cups
Canola or rice bran oil	1 tbsp	2 Tbsp	1/3 cup
Soy or rice milk	¼ cup	½ cup	1 cup
Caster sugar	1/3 cup	2/3 cup	1 ½ cups
Egg replacer*	Equivalent to 1 egg	Equivalent to 2 eggs	Equivalent to 4 eggs
Wholemeal flour	½ cup	1 cup	2 cups
White flour	½ cup	1 cup	2 cups
Baking powder	2 tsp	4 tsp	2 Tbsp
Cinnamon	¼ tsp	½ tsp	1 tsp

\* Check the allergen status information on the packet

**METHOD:**

1. Mash bananas in bowl, and add apple, oil, soy milk, sugar, and egg replacer. Mix well
2. Fold in flours, baking powder and cinnamon and continue to mix gently
3. Grease muffin tray or line with paper cases (better to use with gluten free flours) and spoon mixture into muffin tray to **half fill** cases/holes
4. Bake at 180°C for approx 15 - 20 minutes
5. Cool in muffin pan before serving



ALLERGY MODIFICATIONS	INSTRUCTIONS
To make Gluten free	<ul style="list-style-type: none"> <li>• Use commercial gluten free flour to replace wheat flour</li> <li>• Check baking powder is gluten free</li> <li>• Check soy milk is gluten free or use cow's milk if no allergies</li> </ul>
To make Salicylate and Amine free	<ul style="list-style-type: none"> <li>• Remove banana, apple and cinnamon. Replace with diced pear either fresh and peeled or canned in syrup (not juice) – use 3 cups per 10 serves and puree ½ of the amount used</li> <li>• Use either canola, safflower or sunflower oil and choose a brand without added antioxidants</li> </ul>

**VARIATIONS:**

- If commercial egg replacer is not available replace sugar with golden syrup