

## Healthy banana breakfast muffins

Makes 12

2 large or 3 medium very ripe bananas  
80ml light olive oil (or other flavourless oil)  
125ml honey or maple  
2 large eggs  
4 tbsp natural yoghurt (dairy free works well)  
220g wholewheat plain flour (you can use regular plain flour if you want)  
75g oats  
1 tsp ground cinnamon  
1/4 tsp fine sea salt  
1 tsp baking powder  
1/2 tsp bicarbonate of soda  
Demerara sugar, to sprinkle on top (optional)

You can also add a tablespoon of one of these if you like: raisins, blueberries, chocolate chips etc..

Preheat your oven to 180c/ 160 fan/ gas mark 4.

In a large mixing bowl, mash the bananas with a fork, until they are smooth. When in the olive oil and honey. Crack and whisk in the eggs and yoghurt. In a separate bowl whisk together the wholewheat flour, oats, ground cinnamon, fine sea salt, baking powder and bicarbonate of soda. When its all mixed well, fold into the banana mixture, until smooth.

Line a muffin tin with 12 cases and divide the batter between them. Sprinkle the top of each one with a pinch or two of demerara sugar. Bake the muffins for around 22 - 25 minutes, until golden all over. Leave to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely. Enjoy fresh or store in an airtight container for a few days.