

## WHY BUY IT WHEN YOU CAN BAKE IT?

At about \$3.50 a time, muffins can get pretty pricey as a snack. But here's a hot recipe you can whip up in minutes (20 to be precise). And without the hefty price tag! So scrub up and grab an apron...

### *Banana and muesli muffins*

#### **You will need:**

- 4 cups of self raising flour
- 2 teaspoons of bicarbonate of soda (bicarb – comes in a small blue pack)
- 1 cup toasted muesli
- 2/3 of a cup of brown sugar
- 4 bananas mashed up with a fork
- 2 cups of milk
- ½ cup melted margarine

#### **What to do:**

Mix everything together in a large mixing bowl. Add the milk last, a bit at a time. If the mixture looks too runny you can leave out some of the milk and add a bit more flour. Grease muffin pans with some margarine – spread it around with some paper towel. Spoon the mixture into the muffin pans. Cook in the oven for about 20 minutes. The muffins should be golden brown on top. Enjoy, then go online to check out some more recipes for your collection.

#### **Conversions:**

Sometimes you need to change a recipe to make more or less. Fill in this table to show how your ingredients list would change if you wanted to make half the amount of muffins.

Normal batch of muffins	Half batch of muffins
4 cups SR flour	
2 teaspoons of bicarb	
1 cup of muesli	
2/3 of a cup of brown sugar	
4 bananas	
2 cups of milk	
1/2 cup of margarine	

