

Banana, Coffee and Walnut Muffins



Ingredients (makes 6 muffins):

- 2 large ripe bananas
- 45ml coconut milk
- 50g sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 75ml freshly brewed coffee
- 140g wholegrain wheat
- Handful of walnuts, roughly chopped (plus 6 halves for decorating)
- Maple syrup for drizzling on top to decorate (optional)

Make:

1. Preheat oven to 180^o and line a muffin tray with 6 paper liners.
2. Blend chopped banana, coconut milk, sugar, coffee, vanilla essence and cinnamon in a blender until smooth.
3. Tip into a mixing bowl, add the bicarbonate of soda, baking powder and flour and gently fold together until mixed.
4. Add the chopped walnuts and fold in.
5. Divide the mixture between 6 muffin cases and top each with one half of walnut
6. Bake in oven for about 20 minutes until a skewer inserted into the middle of a muffin comes out clean.
7. Leave to cool for 10 minutes and then drizzle maple syrup over the top.

