



## Soifua Maloloina yoghurt & banana muffins

### Method

1. Preheat oven to 180°C. Lightly spray 2 x 12-hole muffin tins.
2. Pour yoghurt into a large mixing bowl. Measure out wholemeal self-raising flour into the empty tub of yoghurt, and add 3 tubs to the bowl. Add raw sugar, oil and eggs. Stir well to combine then add the mashed banana and stir for 1 minute.
3. Spoon the batter into prepared muffin tins (makes approximately 24 small muffins).
4. Sprinkle the rolled oats onto the muffin mixture then place in the preheated oven for 20 minutes or until the muffins are golden and spring back when lightly pressed.
5. Remove muffins from tins and allow to cool on wire racks.

### Recipe Information

**Number of Serves:** 24 muffins

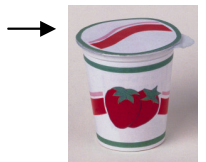
**Preparation Time:** 10mins

**Cooking Time:** 20mins

### Ingredients

Spray oil  
1 small tub yoghurt  
(natural or flavoured)  
3 tubs SR flour  
1 tub raw sugar  
½ tub oil  
2 eggs  
1 teas vanilla  
2 ripe bananas, mashed  
½ cup rolled oats, to  
sprinkle on top

TIP: Measure the ingredients using the yoghurt container



### Soifua Maloloina tips:

- You can add other fruit to the batter – fresh, frozen or tinned. Try chopped pineapple, frozen berries or grated apple and ginger.
- Swap plain self-raising flour for wholemeal self-raising flour for extra goodness.
- This recipe can be made as a cake: prepare in a greased cake tin & cook for 45min.
- You can prepare the recipe using a larger tub of yoghurt & measure out using a small glass or ¾ cup measuring cup.
- You can freeze the muffins for up to 3 months.

