



Claire's Handmade Cakes

Banana, Chocolate and Brazil Nut Muffins (Makes 12)

11oz plain flour
2 tsp baking powder
½ tsp bicarb of soda
6oz caster sugar
10fl oz (300ml) buttermilk
2 eggs, lightly beaten
1tsp vanilla essence
4oz unsalted butter, melted
4 ripe bananas, mashed
100g dark chocolate, cut into small pieces
100g Brazil nuts, chopped

Heat the oven to 190 degrees. Grease a 12 case muffin tin (or use paper cases).

Sift the flour, baking powder, bicarb of soda & sugar into a large bowl.

In a separate bowl, whisk the buttermilk, eggs, vanilla essence & melted butter together. Pour the egg mix into the flour & stir until just combined. Don't overmix. Fold in the bananas, chocolate and chopped nuts.

Divide the mixture evenly between the paper cases. Bake for 20-25 minutes or until the tops are golden & a skewer comes out clean. Cool in the tin for 5 minutes, before turning out on a wire rack to cool.