



Banana, Cinnamon and Walnut Muffins

Recipe provided by Jacob Holmes, Adelaide 36ers Basketball player and HKSA Ambassador.



Ingredients

2 cups plain flour
2 teaspoons baking powder
3/4 cup of caster sugar
1 1/4 cup of natural yoghurt
2 eggs
1 teaspoon of cinnamon
1/3 cup of vegetable oil
2 bananas
1/2 to 3/4 cup of moderately crushed walnuts (can be replace with slithered Almonds if preferred)

Method

1. Preheat oven to 180 degrees.
Sift Flour and baking powder into a bowl. Add the sugar and cinnamon and stir to combine.
2. Place the natural yoghurt, eggs and oil in a bowl and whisk until smooth. Stir the natural yoghurt mixture through the flour and sugar mixture until just combined.
3. Add the bananas and walnuts into the mixture and stir until just combined.
Spoon the mixture into 12 x 1/2 cup capacity non-stick muffin tins until two-thirds full.
4. Bake for 12-15 mins or until cooked when tested with a skewer.