

Mango and Banana Muffins

These simple muffins are perfect for little hands to get stuck into making and are a good way to use up overripe bananas. Crammed with natural fruit sweetness, they're a really tasty treat. There are also no ingredients containing gluten or milk in this recipe, so you could whip up a batch for Allergy Awareness Week in May.

Nutritional information per portion (70g):

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| calories 160.5 | fat 5.3g 8% | carbohydrate 1.2g 6% | sugars 14.0g 16% | protein 0.2g 3% |
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of an adult's reference intake



Egg

Equipment

Weighing scales
Small muffin cases
12-hole muffin tin x 2
Chopping board
Sharp knife
Can opener (if using canned mango)
Large mixing bowl
Electric hand whisk OR wooden spoon and hand whisk
Masher OR fork
Medium mixing bowl
Sieve
Spatula
Measuring spoons
Skewer
Oven gloves
Pan stand
Cooling rack

Ingredients

Makes 14-16 muffins
100g ripe mango
OR canned mango in juice
60g soft brown sugar
110g dairy-free margarine
2 large eggs
3 ripe bananas
225g gluten-free self-raising flour
100g sultanas
1 x 15ml spoon gluten-free oats (optional)



Top Tips

- These muffins can also be made using ordinary self-raising flour and oats and/or ordinary margarine if you don't need to make them without gluten or milk.
- Make sure you whisk in the eggs well so the mixture is full of air. This will help the muffins rise, which is important when using gluten-free flour.
- Your mixture should be of a dropping consistency. If it's too dry you can add 1 x 15ml spoon of fresh orange or apple juice (to stay milk free) or 1 x 15ml spoon of milk. Gluten-free flour often requires more moisture than wheat flour.
- A ripe mango should be slightly soft when pressed. To ripen a mango more quickly, put it in your fruit bowl with a banana in a warm kitchen.
- If you're able to find only canned mango in syrup, rather than juice, rinse the mango in cold water and blot dry with a clean tea towel before using it.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6. Place the muffin cases in the muffin tins.
2. Prepare the mango (if using fresh) or open the can and drain away the juice (if using canned). To chop a fresh mango: Use a sharp knife to slice off the side of the mango, getting as close as possible to the stone in the centre. Do the same thing on the other side. Using the sharp knife, cut a grid of 1cm cubes into the flesh of each mango half – being careful to get close to the skin without going through it. Using both hands, turn the mango halves inside out, so that the cubes pop up from the skin. Slice off the pieces.
3. Weigh out the sugar and margarine and place in a large mixing bowl.
4. Cream together the sugar and margarine until it is light and pale, using a wooden spoon or an electric whisk.
5. Add the eggs one at a time, whisking the mixture until it is light and airy after adding each egg.
6. Mash the bananas until soft and only small lumps remain. Carefully add to the mixture and fold in with a wooden spoon.
7. Sift the flour into the mixture and gently fold it in.
8. Add the sultanas and chopped mango and gently fold in. Make sure the fruit is evenly distributed.
9. Spoon out the mixture into the muffin cases, half-filling each case.
10. Sprinkle a few oats over each muffin (if using).
11. Bake in the oven for 15–20 minutes or until the muffins are golden brown and a skewer inserted to the centre comes out clean.
12. Allow the muffins to cool on a rack in their paper cases.

Something to try next time

- Try swapping sultanas for dried cranberries.
- For a delicious dessert, serve the muffins with low-fat custard or yoghurt.

Prepare now, eat later

- These muffins are best eaten warm from the oven or stored in a tin for 24–48 hours and then gently warmed for 15–30 seconds in a microwave before serving.
- Freeze the muffins in an airtight container for up to 3 months. Defrost for 1–2 hours before eating.

