

Banana yogurt muffins

<p>Ingredients</p> <ul style="list-style-type: none">• 1 3/4 cups self-raising flour• 1/2 cup caster sugar• 1 cup natural yoghurt• 1 egg• 2/3 cup vegetable oil• 2 large bananas, mashed	<p>Equipment</p> <ul style="list-style-type: none">• Muffin trays• knives• chopping boards• wooden spoons• potato masher
<p>What to do</p> <ol style="list-style-type: none">1. Preheat oven to 180°C. Lightly grease a 12-hole, 1/3 cup-capacity muffin pan. Sift flour and sugar into a bowl.2. Combine yoghurt, egg, oil and 1 cup mashed banana in a large bowl. Gradually add dry ingredients, stirring until just combined.3. Spoon mixture into muffin holes. Bake for 20 to 25 minutes or until a skewer inserted into the centre comes out clean.4. Stand muffins in pan for 5 minutes. Turn onto a wire rack to cool completely. Serve warm or cold.	