

# Fresh for Kids® Banana & buttermilk muffins



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## Banana & buttermilk muffins

**Preparation** about 20 minutes

**Cooking** about 20 minutes

**Makes** 12

*These muffins are best eaten on the day they're baked – kids love them warm! Alternatively, they can be frozen for up to 3 months.*

2 cups plain flour

1 tbs baking powder

1 tsp ground cinnamon

$\frac{2}{3}$  cup light brown sugar

125g butter, chopped (+ extra or oil spray for greasing)

3 very ripe bananas, mashed

1 cup buttermilk

2 eggs

Zest of 1 lemon

1. Preheat oven to 200°C. Grease 12 x  $\frac{1}{2}$  cup capacity muffin pan with melted butter or oil spray or line with paper cases.
2. Sift flour, baking powder and cinnamon into a large bowl. Stir in brown sugar.
3. Melt butter in a heatproof bowl in the microwave. Place butter, bananas, buttermilk, eggs and lemon zest in a large jug. Whisk with a fork to combine. Using a large metal spoon, stir banana mixture into dry ingredients until combined (do not overmix).
4. Spoon mixture evenly into muffin pan. Bake for 18–20 minutes until well risen and golden. Cool in pan for 5 minutes then turn out onto a wire rack to cool and serve.

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### Bananas

- An excellent source of vitamins B6 and C.
- One banana provides a third of your daily vitamin C requirements.
- A good source of potassium. The body needs potassium to balance sodium (from salt) as it maintains healthy blood pressure.

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