

## Tropical Muffins (Egg Free with Gluten & Dairy Free options) Yr6

### Ingredients

- 220g Plain Flour (gluten free if req.)
- 60g Sugar ...
- 1 tsp Bicarb of Soda
- $\frac{1}{2}$  tsp of Baking Powder (gluten free if req.)
- 1 tsp of Cinnamon ...
- Pinch of Salt
- 113 ml or 4 fluid oz olive oil ...
- 6 tbsp milk (Soya if req.)
- 1 tsp vanilla extract
- 1 mashed ripe banana ...
- 60g soft apricots ...
- 150g crushed drained pineapple ...
- (approx.  $\frac{1}{2}$  a 435g undrained tin)



### Method

- Pre-heat oven to 180 deg c/Gas Mark 5. Line a muffin/bun tin with paper cases.
- In a large bowl combine the flour, sugar, bicarb of soda, baking powder, cinnamon and salt.
- In another bowl or jug whisk the oil, vanilla extract & milk with a fork.
- Stir liquid mixture into dry ingredients until smooth.
- On a plate mash 1 banana and on a board chop the apricots into small pieces. Add the mashed & chopped fruit along with the pineapple into the mixture and stir well; the consistency may be a little thick.
- Fill 12 paper cases  $\frac{3}{4}$  full with mixture and bake for 15-20 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.