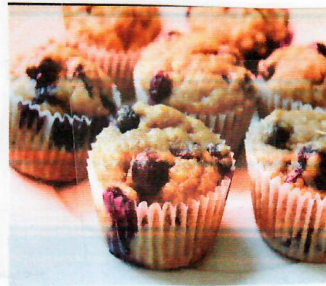


Free sugar blueberry and banana wholemeal muffins

Ingredients:

- 225g mashed bananas
- 1 egg
- 125ml water
- 125ml vegetable oil
- 250g wholemeal flour
- 1 teaspoon bicarbonate of soda
- 2 1/4 teaspoons baking powder
- 150g fresh or frozen blueberries



Method:

1. Preheat an oven to 180 C / Gas mark 4. Grease 18 muffin cups, or line with paper muffin cases.
2. Mix together mashed bananas, egg, water and oil in a large bowl. Mix in flour, bicarb and baking powder until mostly smooth (you will still see lumps from the banana, but that's okay!). Gently fold the blueberries into the mixture.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes. Remove muffins from tins, and cool on a wire rack.