



Cottesmore St Mary Catholic Primary School



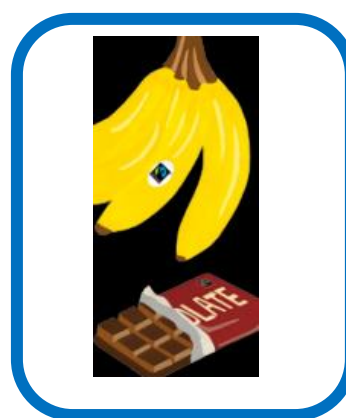
My Fairtrade Recipe: Banana and Chocolate Muffins

These delicious cakes combine the sweetness of ripe mashed bananas with Fairtrade chocolate giving a moist yet light sweet treat. These can be decorated with a swirl of vanilla butter ice and a dried banana chip made with Fairtrade icing sugar.

Makes 7-8 large muffins

Ingredients:

- 100g plain flour
- 40g cornmeal
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- 90g unrefined (golden) Fairtrade sugar
- 40g melted butter
- 1 egg, beaten
- 2 ripe Fairtrade bananas, well mashed
- 80ml buttermilk
- 50g Fairtrade milk chocolate, chopped into small chunks
- 12 hole muffin tray lined with paper muffin cases



Method:

1. Preheat oven to 200°C/400°F/gas mark 6.
2. Sieve flour, cornmeal, baking powder and bicarbonate of soda together into a large bowl. Stir in sugar. In a separate bowl, mix the butter, egg, bananas and buttermilk.
3. Add wet ingredients to dry and mix gently (do not over-mix). Fold in the chocolate chips.
4. Fill a muffin tin (ideally lined with muffin cases) to just under the rim.
5. Bake for about 30 minutes until golden-brown and firm to the touch. Allow to cool in the tin. Enjoy!