





## Banana & Peanut Butter Muffins

Makes 24 Muffins

3	extra large eggs
180 ml	sugar (3/4 c)
30 ml	oil, macadamia, walnut or canola (2 T)
10 ml	vanilla essence (2 t)
400 ml	medium fat plain yogurt or buttermilk or maas (1 c + 2/3 c)
150 ml	fat-free milk (2/3 c)
375 ml	cake flour (1 ½ c)
85 ml	soya flour, defatted (1/3 c)
15 ml	baking powder (3 t)
7.5 ml	bicarbonate of soda (1½ t)
5 ml	cinnamon (1 t), optional
1.5 ml	salt (1/4 t)
375 ml	oat bran (1½ c)
250 ml	digestive bran (1 c)
3	large carrots, grated
2	medium bananas, mashed
80 ml	peanut butter (12 t)

1. Preheat the oven to 220°C.
2. Line two 12-hole muffin pans with paper cupcakes or spray with non-stick cooking spray.
3. In a large mixing bowl beat the eggs until light and fluffy using a whisk.
4. Add the sugar in 3 batches, beating well after each addition.
5. Add the oil, vanilla essence, yogurt/buttermilk/maas, and the milk and mix.
6. In a large bowl sift together the cake flour, soya flour, baking powder, bicarbonate of soda, cinnamon and salt.
7. Add the oat bran and digestive bran and mix lightly.
8. Add the egg mixture to the dry ingredients and mix until all the dry ingredients are wet.
9. Add the grated carrots and mashed bananas and fold into the mixture. Spoon half the mixture into the muffin pans, filling each muffin well half-way, to make 24 muffins.
10. Place 1/2 level teaspoon of peanut butter onto each muffin batter, using a knife to scrape the peanut butter off the teaspoon.
11. Top all the muffins with the remaining muffin batter.

12. Place in the oven and reduce the heat to 190°C, and bake for 25 minutes.
13. Remove from the oven and leave to cool in the baking pan for a few minutes.
14. Turn out and place on a cooling rack to cool completely.
15. Serve one muffin as a snack. No butter or any other topping required.
16. Store the first twelve muffins in a sealed container in the fridge for up to three days, and freeze the other twelve muffins, either individually wrapped, or in a sealed container, for up to 6 weeks.

*Frozen muffins can be used for packed lunches and snacks. Simply pop the frozen muffin into the lunch box and it will thaw within 20 minutes without going soggy, ready to be enjoyed.*

### **NUTRIENTS PER MUFFIN (62 g)**

Energy	633 kJ
Protein	5.5 g
Carbohydrates	20.3 g
Total sugars	9.4 g
Added sugar	5.9 g
Total Fat	4.8 g
Saturated fat	2.0 g
Fibre	3.1 g
Sodium	170 mg

**One muffin is equivalent to 1 carbohydrate and ½ medium fat milk.**

### **Dieticians' notes:**

Flour is a refined carbohydrate with very little fibre, and should be minimized in baked products. In this recipe, we have used less flour and added carrot, oat bran, soya flour and wheat (digestive) bran, to add the necessary fibre that keeps your gut healthy. Although it must also be noted that wheat and soya have been implicated in aggravating IBS symptoms so it is important to work with a registered dietitian in order to elucidate what your triggers are. As we are aware of this, in this recipe we have reduced the wheat content and used only a little soya flour to increase the fibre content, together with oat bran which is wheat free and adds good fibre.

### **Sensitive tummy notes:**

Lactose has been found to aggravate IBS symptoms at levels of more than 12 g lactose per day for those sensitive to lactose people. However, each person has their own tolerance level for lactose. Each of these muffins contains 1.4 g lactose from the yoghurt/buttermilk/maas and milk. The small amount of lactose in these muffins should not affect most troubled tummies.