

GARDEN TO TABLE

RECIPE: BANANA BRAN MUFFINS - Chelsea Winter

VOLUNTEER NOTES -

- make 1 per child and volunteer
- check understanding of words in **bold**
- check that the children measure accurately using metric measuring spoons and cups

tsp or t = teaspoon and tbsp or T = tablespoon

What to collect	Ingredients
2 medium bowls - 1 non-metallic	1 and $\frac{1}{2}$ cups bran flakes
2 small bowls	1 cup finely mashed over ripe banana
fork	$\frac{1}{2}$ cup rice bran oil
Metric measuring spoons and cups	2 eggs, lightly beaten
sifter	$\frac{1}{4}$ cup milk
Chopping boards	3 tsp lemon juice (or juice of 1 lemon)
Chefs knives	$\frac{3}{4}$ cup brown sugar
Lemon squeezer	2 tbsp golden syrup
Wooden spoon	1tsp vanilla essence or paste
Rubber spatula	1 cup plain flour
spoons	1 tsp baking powder
Muffin trays - 12 pan large or 24 mini	1 tsp baking soda
Oil spray	2 tsp ground cinnamon
Cooling rack	$\frac{1}{2}$ tsp mixed spice
	Pinch of salt

1. Preheat the oven to 190°C regular bake
2. Grease a muffin tray or line with paper cases
3. Peel and mash the bananas in a small bowl, using a fork
4. Squeeze the lemon
5. In a small bowl, lightly beat 2 eggs
6. In a **non-metallic** bowl, mix together the bran, banana, oil, eggs, milk, lemon juice, brown sugar, golden syrup and vanilla to combine evenly. This is the **wet mixture**.
7. In another bowl, sift together the flour, baking soda, baking powder, cinnamon, mixed spice and salt. This is the **dry mixture**.
8. Add the dry mixture to the wet mixture and **fold together**. Do not **over-mix**.
9. Spoon the batter into the prepared muffin tins almost to the top.
10. Bake in the centre of the oven for 8 - 10 minutes if mini muffins or 15 - 18 if large muffins, or until a **skewer inserted into the centre of the muffin comes out clean**.