

# Banana and Chocolate Muffins

## Method

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1. Preheat oven to 160°C
2. **Line** the muffin tray with 4 cases  
*This recipe makes at least 4 muffins, but sometimes 5*
3. **Weigh** out the sugar in a small bowl, then transfer it to the saucepan
4. **Weigh** out the butter in a small bowl, then add it to the sugar
5. In the saucepan, **melt** the butter and sugar over a low heat  
*Stir with wooden spoon*  
**! Do not burn the butter, stop as soon as almost melted**
6. Remove from the heat and turn off the hob
7. Using a fork, **mash** the bananas in a large mixing bowl  
*Mash by forcing the banana through the gaps in the fork*
8. **Weigh** out the flour in a small bowl
9. **Stir** the flour and mashed bananas into the saucepan mixture  
**! Do not overmix – stop once ingredients are fully combined**
10. Reserve (save) 5 chocolate buttons for the top of the muffins
11. Add the rest of the chocolate buttons to the mixture and gently **stir to melt**  
**! Do not overmix - buttons do not need to be fully melted**
12. Equally **portion** the mixture into 4 muffin cases  
*Use two dessert spoons to help you spoon out the mixture*  
*Each muffin case should be almost full*  
*Use a spatula to ensure no mixture is left in the saucepan*
13. Add a chocolate button to the top of each uncooked muffin
14. **Bake** in the oven for at least 18 minutes (but probably longer)  
*Ideally, cook at the same time as your partner*  
*When cooked, use a vegetable knife to test for readiness*
15. Allow muffins to cool on a cooling rack

## Ingredients

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- 115g self-raising flour
- 50g caster sugar
- 70g butter or margarine
- 2 ripe bananas
- 1 bag chocolate buttons
- 5 muffin cases
- *Container*

## Equipment

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- Blue tray
- Wooden spoon
- Weighing scales
- Fork
- 2 dessert spoons
- Safety mat
- Timer
- Spatula
- Vegetable knife
  
- *Large saucepan*
- *Muffin tray*
- *Wooden triangle*
- *Large bowl*
- *Small bowl*
- *Cooling rack*

# Banana and Chocolate Muffins



Preheat oven to 160°C



Line the muffin tray with 4 cases



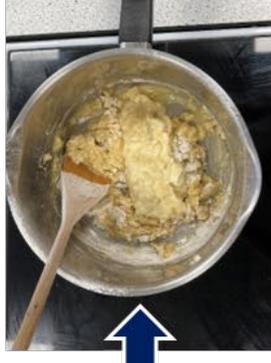
Place butter and caster sugar into the saucepan and **melt** over a low heat

**Stir** with wooden spoon

**Remove from heat and turn off the hob**



Using a fork,  **mash**  the bananas in a large mixing bowl



**Stir** flour and mashed bananas into the mixture in the saucepan

**Do not overmix**



Reserve 5 chocolate buttons for the top of the muffins

Add the rest of the chocolate buttons to the saucepan and **stir** to melt

**Do not overmix – buttons do not need to fully melt**



Using 2 metal spoons; equally **portion** the mixture into the 4 muffin cases – make sure they are almost full

Add a chocolate button on top of each



**Bake** in the oven for at least 18 minutes

Ideally, cook at the same time as your partner