



VEGAN BANANA & DARK CHOCOLATE SWIRL MUFFINS

Prep 10 min

Bake 15 - 20 min

Serves 12 people

INGREDIENTS

- 200g Self Raising Flour (F815P)
- 100g Essential Caster Sugar (H238X)
- 1tsp Baking Powder (L350P)
- 50ml Essential Sunflower Oil (O033P)
- 75g Vegan Butter (we use Vegan Block X850P)
- 1 Large Ripe Banana
- 300ml Oat Milk
- 2 tbsp Essential Dark Chocolate Spread (S140P)
- Muffin Cases (X202P)

Pre heat your oven to 200 degrees

METHOD

Sieve the flour and caster sugar into a large mixing bowl. Add a tsp of baking powder, stir in with a wooden spoon. Cut your butter into small cubes, add to dry mix. Feather in the butter with your finger tips until the mixture is like breadcrumbs. Mash up your ripe banana in a small bowl, adding the oil to form a paste. Make a well in the middle of the mix, then add banana oil paste and milk. Whisk well or use a hand blender for 3 minutes. Your mixture should ideally be a smooth consistency similar to whipped cream.

Spoon 2 tbsp of the dark chocolate spread and 100ml of oat milk into a small pan. Heat gently for 1 minute, stir until smooth and silky then

remove from heat. When you're happy with the muffin mix consistency, spoon in a dollop of the mixture so the cases are 3/4 full. Drop into the centre of each muffin 1 teaspoon of dark chocolate sauce, and use a toothpick to create a chocolatey swirl.

Place them in the oven and bake for 15 - 20 minutes. To check if they're baked through, insert a cocktail stick into the centre until it comes out clean. If still wet then bake for a further few minutes.

You can serve these warm or store in an airtight container until ready to share.