

# ONE BOWL Banana Muffins

## Ingredients

1/2 cup brown or raw sugar  
2 tblspns olive oil  
2 eggs  
2 tblspns milk  
1 cup self raising flour  
1 cup almond meal  
1 tspn vanilla essence  
2 tblspns golden syrup  
3 ripened bananas

## Method

Mix the eggs and mashed bananas together in a bowl.  
Add the rest of the ingredients and combine together.

Insert paper patty pans into the muffin tray holes and scoop a heaped tablespoon of mixture into each.

Place into a moderate oven for 15-20 minutes.

Will make 12 muffins.

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