

Lunchbox

BASHY BUG'S VEGAN OAT AND BANANA MUFFINS

When your child eats these yummy ingredients, look what they turn into in Rumbledom!



Banana = Borby's Banana Boat!



Ingredients

250g very ripe bananas
1 tbsp milled flaxseed
1 tsp vanilla extract
30ml sunflower oil
120ml almond milk
 $\frac{3}{4}$ tbsp apple cider vinegar
2 tbsp maple syrup
1 tbsp chia seeds
1 tsp sea salt
 $\frac{1}{4}$ tsp bicarbonate of soda
245g (wholemeal) self-raising flour
75g oats
75g soft brown sugar

Each muffin has
3.5g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 3.5g
Protein 4g
Carbohydrates 25g

Method

Preheat the oven to gas 6, 200°C, fan 180°C. Line a 12-hole muffin tin with paper cases. Mix the flaxseed with 3 tbsp of water, letting it sit for a few minutes to thicken.

In a food processor, combine the thickened flaxseed mixture, bananas, vanilla extract, sunflower oil, almond milk, apple cider vinegar, and maple syrup. Blend until smooth.

In a separate bowl, mix together the self-raising flour, oats, soft brown sugar, chia seeds, sea salt, and bicarbonate of soda (reserve a sprinkle of oat and brown sugar for topping).

Method (cont.)

Pour the blended banana mixture into the bowl with the dry ingredients, and mix. Divide mixture evenly among the muffin cases. Sprinkle reserved oats and brown sugar over the top.

Place in preheated oven and bake for 25 minutes, until the muffins are risen and golden.

Allow the muffins to cool in the tin for a few minutes before transferring them to a wire rack to cool completely.