



BBC Children in Need Joe Wicks' Healthy Bakes

Blueberry and Banana Muffins



This recipe makes 12 muffins.

You will need an adult to help you make these muffins.

Ingredients:

- 180g oats
- 2 bananas
- 2 eggs
- 2 teaspoons of vanilla extract
- 2 teaspoons of baking powder
- 2 handfuls of blueberries

Method

1. First, ask an adult to heat the oven to 180°C/160°C fan/gas mark 4.
2. After washing your hands, put 12 muffin cases in a muffin tin.
3. In a large mixing bowl, mash the bananas.
4. Crack the eggs into the bowl and whisk with a fork.
5. Stir in the vanilla essence and the baking powder.
6. Next, stir in the oats.
7. Ask an adult to halve the blueberries and then you can squish them.
8. Add the blueberries to the mixture in the bowl and stir well.
9. Spoon the mixture into the muffin cases.
10. Ask an adult to put them in the oven to bake for 18 minutes.
11. When they're ready, ask an adult to take them out of the oven and leave to cool.