

Banana & Fruit Muffins

2 cups flour

4 level tsp baking powder

4 medium size mashed bananas

$\frac{1}{2}$ cup margarine

$\frac{1}{4}$ cup sugar

2 eggs

Options:

$\frac{3}{4}$ cup of frozen berries or diced kiwifruit (whatever is in season really)

$\frac{3}{4}$ cup apricot pieces & $\frac{1}{2}$ cup chopped white chocolate buttons

Sift flour & baking powder into a large bowl.

Separately, gently melt margarine, add sugar and hand beat until sugar has dissolved, then beat in the eggs.

To this liquid add the bananas and fruit option.

Add the wet ingredients very gently into the dry ingredients. The secret is to barely mix them, just until all the flour is wet. (The sloppier the mixture the better too)

Makes 12 medium size muffins, bake at 180 deg C (350 F) for approx. 20 mins or until golden on top and bounce back when pressed by finger.

Ham & (Avocado) Muffins

2 cups flour

4 level tsp baking powder

1 Tbsp Sugar

Pinch Cayenne Pepper

1 Cup grated tasty cheese

2-3 spring onions (sliced)

1-2 ham steaks (diced) or 3 rashers bacon (chopped and cooked)

75 grams butter (2.5 oz)

1 egg

1 cup milk

1 avocado (Diced and sprinkled with lemon juice to stop it from going brown)

Mix first 7 dry ingredients into a large bowl.

Separately, gently melt butter; beat into it the egg and milk.

Gentle combined the avocado into the dry ingredients then add the butter, egg, milk liquid.

The secret is to barely mix them, just until all the flour is wet.

Makes 12 medium size muffins, bake at 180 deg C (350 F) for approx. 10 - 12 mins or until golden on top and bounce back when pressed by finger.

Eat and enjoy!