

Banana and Ricotta Muffins



Serves	12
Prep time	20 minutes
Cook time	20 minutes
Total time	40 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm
Occasion	Special Occasions
Website	BBC Food

Ingredients

- 1 cup plain white flour
- 3/4 cups wholemeal plain flour
- 4 teaspoons baking powder
- 220g butter or Nuttalex
- 4 tablespoons caster sugar
- 4 eggs
- 6 tablespoons smooth light ricotta
- 2 ripe bananas

Optional

- Cocoa powder for dusting (sweetened or raw depending on your preference)

Directions

1. Preheat the oven to 190°C and prepare two 6-hole muffin trays.
2. Sift together the flours and baking powder, adding the husks back in.
3. Place the flour, butter, sugar and eggs into a food processor and blend until well combined.
4. Mash the banana with a fork then stir through the muffin mixture.
5. Divide the mixture into the muffin trays and bake for approximately 20 minutes or until the muffins are golden and a skewer in the centre comes away clean.
6. Allow to cool slightly in the trays then transfer to a wire rack. Serve warm or cold, optionally dusted with cocoa powder.



Note

Low Salicylates, Low Glutamates, High/Very High Amines

With the cocoa these muffins are very high in amines, bananas can be moderate to high in amines depending on how ripe they are.