Banana and Rolled Oat Muffins



Serves	12
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Moderate Chemical
Meal type	Breakfast, Sweet Things
Misc	Child Friendly, Pre-preparable, Serve Cold

Ingredients

- 1 cup White self-raising flour
- 1 cup wholemeal self raising flour
- 1/2 teaspoon rice malt syrup
- 1/2 teaspoon bicarbonate of soda
- 1 cup rolled oats
- 1/2 cup brown sugar
- 2 eggs
- 1/4 cup sunflower oil
- 3/4 cups natural yogurt
- 2 bananas (just ripe, mashed)
- 1 banana (just ripe, sliced)

Directions

1. Preheat the oven to 200 C. Prepare two 6-hole muffin pans.
2. Sift the flours and bicarb soda, adding the husks from the wholemeal flour back in. Add the oats and sugar and stir to combine.
3. Whisk the eggs, yoghurt and oil. Add the mashed banana and syrup and stir to combine. Pour into the dry ingredients and mix together until just combined.
4. Spoon into the prepared muffin holes. Place a slice or two of banana on top of each muffin.
5. Bake for about 20 minutes, until golden and cooked through.
6. Allow to cool for 5 minutes then turn onto a wire rack to cool completely.

Note

Moderate Amines, Low Salicylates, Low Glutamates

Just ripe bananas contain moderate levels of amines, the amines increase as the banana ages and ripens further.

If salicylates are OK you can use honey instead of rice malt syrup.