

Sour Cream Banana Muffins



Serves	12
Prep time	15 minutes
Cook time	25 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 - High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 cup wholemeal plain flour
- 1 cup plain white flour
- 3/4 cups sugar
- 1/2 teaspoon bicarbonate of soda
- 3 Very ripe bananas (mashed)
- 100g butter (melted)
- 1/2 cup light sour cream
- 1 egg
- 1 teaspoon vanilla essence
- 1 banana (sliced into 12 pieces)

Directions

1. Preheat the oven to 180 C. Place patty pans into two 6-hole muffin trays.
2. Sift the flours, bicarbonate of soda and sugar into a bowl, adding the husks back in.
3. Beat the egg and add the mashed banana, sour cream, butter and vanilla. Mix together with a wooden spoon.
4. Pour the flour into the wet ingredients and mix until just combined.
5. Divide the mixture evenly into the 12 patty pans and place a slice of banana on top.
6. Place in the oven and bake for 20 to 25 minutes, or until cooked through.
7. Allow to cool slightly in the pan then remove to a wire rack to cool completely.

Note

High Amines, Low Salicylates, Low Glutamates