

Banana Choc Peanut Butter Muffins! (Makes 12)



Ingredients

For the Sponge

- 150g Self Raising Flour
- 100g Caster Sugar
- 250ml Soya Milk (rice, oat, almond milk also fine)
- 80ml Vegetable Oil
- 25g Cornflour
- ½ Ripe Banana
- 100g Dark Chocolate Chips
- 1tsp Cider Vinegar
- ½ tsp Bicarbonate of Soda

For the Frosting

- 110g Peanut Butter
- 100g Icing Sugar
- 40g Cocoa Powder
- 60ml Soya Milk

Method

1. Preheat oven to 170C / 350F
2. In a large mixing bowl combine flour, cornflour and bicarbonate of soda.
3. In a separate bowl mash the banana with a fork
4. Add sugar, vegetable oil, soya milk and cider vinegar to the banana and combine
5. Pour the contents of the second bowl in to the first and mix in thoroughly
6. Mix in the chocolate chips
7. Now pour the mixture into muffin cases. Only fill them ¾ full else they will overflow the cases
8. Bake at 170C for 20-30 mins until golden brown. Once cooked place on a cooling rack.
9. To prepare the frosting simply mix all the ingredients together adding the milk slowly to create a thick paste. Once the muffins are cool press the frosting on to them. The back of a lightly oiled spoon is best for spreading the mixture. If you struggle use your fingers.