

Banana Caramel Muffins

250 – 300g bananas mashed
100g greek yogurt
80g golden syrup
2 tsp vanilla bean paste
70g coconut oil melted (or vegetable oil of choice)
1 egg
220g plain flour
1 tsp bi-carb soda
pinch salt
150g white choc chips

Preheat oven to 190° and fill muffin tray with patty pans (12-18).

Add banana, yoghurt, syrup, vanilla, coconut oil and egg to the bowl and mix on **Speed 5 for 10 seconds**.

Add flour, bicarb and salt and use **Dough Function** to gently knead until combined. **Approx 30 seconds**. Use your spatula to finish mixing.

Fill up muffin tray and top with white choc chips. Bake for approximately 15 minutes.

These freeze really well for school lunches.