

avonana muffins



you will need...

large bowl

2 x eggs

tablespoon

knife

mixing spoon or spatula

fork

12 hole muffin tin or 24 mini muffin tin

makes: 12 large muffins (24 mini) prep time: 15mins cook time: 25-30mins

1. cut

cut along long half & pull apart fruit

scoop

2. peel

mash

break

3. pour

mix or blend using hand blender until smooth

4. crack

mix

5. pour

mix

6. sprinkle

mix

7. spoon

(grease the tray first or use paper liners)

8. bake in hot oven

180 C

approx 25mins

(18-20mins if making mini muffins)

store fresh for 2-3 days or freeze & eat within 3-4 months!

