

'Grab and Go' Gluten-Free Breakfast Muffins

Ingredients

50g butter, melted
50g dark muscovado sugar
1 egg
200g gluten free plain flour (Doves Farm)
6g baking powder
1 ½ bananas
Juice of ½ a lemon
66ml milk
50g raspberries



Topping

- 1 tbsp gluten free plain flour
- 1 tbsp demerara sugar
- 15g butter

Method

1. Preheat the oven to 150°C fan / 170°C / Gas 3.
2. Place 4 tulip muffin cases in a muffin tin.
3. In a large bowl, whisk the butter, sugar and egg until pale and light in colour. Sift in the flour and baking powder, then gradually add the milk. Mix until light and fluffy.
4. In a separate bowl, mash the bananas with the lemon juice until smooth. Fold the banana mixture and raspberries into the batter.
5. Divide the mixture between the tulip muffin cases.
6. Rub topping ingredients together with fingertips to form a crumb. Evenly distribute on top of buns.
7. Bake in the oven for 40 minutes then turn oven to gas 5 for 5 more minutes until golden and firm.
8. Remove from the oven and transfer the muffins to a wire rack to cool.

These muffins can be frozen.

