



Banana Raspberry Muffins

Say hello to super moist, cafe-style Banana Raspberry Muffins with a classic crunchy sugar top! Ready to eat in in less than 30 minutes!

5 from 1 vote

Course: Snacks Cuisine: Muffins Prep Time: 10 minutes Cook Time: 15 minutes
Total Time: 25 minutes Servings: 12 serves Calories: 207kcal
Author: Lucy - Bake Play Smile Cost: \$5

Equipment

- Microwave or Thermomix
- Oven
- Muffin tray & paper cases

Ingredients

- 80 g butter
- 1 tsp vanilla extract
- 1 tsp honey
- 125 g (1/2 cup) milk full cream, room temperature
- 2 eggs room temperature
- 2 large bananas mashed
- 250 g (2 cups) self-raising flour
- 100 g (1/2 cup) caster sugar
- 1 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1 tsp ground cinnamon

- pinch of salt
- 150 g (1 cup) raspberries fresh or frozen
- 2 tbs raw sugar optional

Instructions

Conventional Method

1. Preheat oven to 180 degrees celsius (fan-forced).
2. Line a 12 hole muffin tray with muffin liners.
3. Melt the butter in a microwave-safe bowl for 30-60 seconds or until melted. Allow to cool slightly.
4. Add the vanilla extract, honey and milk and whisk together until well combined.
5. Add the eggs one at a time and whisk between each addition.
6. Add the mashed bananas and beat for a further 20 seconds or until well combined.
7. Sift over the self-raising flour, caster sugar, baking powder, bi-carbonate soda, cinnamon and salt and fold through with a wooden spoon.

Gently stir through the raspberries.
8. Divide mixture evenly between the muffin cases (filling to $\frac{2}{3}$ full).
9. Sprinkle with the raw sugar (optional).
10. Cook for 15 minutes or until the muffins are lightly golden and spring back when touched in the middle.
11. Allow to cool in the tray for 5 minutes before transferring to a wire rack to cool completely.

Thermomix Method

1. Preheat oven to 180 degrees celsius (fan-forced).
2. Line a 12 hole muffin tray with muffin liners.
3. Place bananas into the Thermomix bowl. Mash for 10 seconds, Speed 8. Pour into a bowl and set aside.
4. Place the butter into the Thermomix bowl (don't worry about cleaning it) and melt for 1 minute, 100 degrees, Speed 2. Scrape down the sides and melt for a further 30 seconds, 100 degrees, Speed 2 (if needed). Allow to cool slightly.
5. Add the vanilla extract, honey and milk and mix together for 20 seconds, Speed 4. With the blades spinning, reduce to Speed 3 and add the eggs one at a time through the MC hole.
6. Add the mashed bananas and mix for a further 20 seconds or until well combined.

7. Add the self-raising flour, caster sugar, baking powder, bi-carb soda, cinnamon and salt and mix for 5 seconds on Speed 4 (use the spatula to help mix).

Stir the raspberries through with the spatula.

8. Divide mixture evenly between the muffin cases. Sprinkle with raw sugar (optional). Cook for 15 minutes or until they spring back when lightly touched in the middle.

9. Allow to cool in the tray for 5 minutes before transferring to a wire rack to cool completely.

Notes

RECIPE NOTES & TIPS

- **Use room temperature ingredients** (milk and eggs) as this helps the ingredients to blend easier and particularly helps the muffins to rise better.
- **Don't overmix!** Once you add the dry ingredients, the mixture only needs to be gently combined, not whisked, to keep them soft and light! And mix gently especially when the raspberries are added to prevent them from breaking apart.
- **You can vary the berries** - the raspberries can be substituted with blueberries, blackberries or strawberries if you prefer.
- **Raspberries can be fresh or frozen** - use fresh berries if available, however frozen berries are fabulous to use all year round, and often more economical too.
- **Add a little uncooked rice to the bottom of the muffin tin holes (optional)** - this stops the paper cases from getting greasy.
- **Storing** - banana raspberry muffins can be stored in an airtight container at room temperature for up to 3 days (not in the fridge or they'll dry out).
- **Freezing** - alternatively, they can be frozen for up to 3 months. Allow to defrost at room temperature before consuming.

Nutrition

Calories: 207kcal | Carbohydrates: 33g | Protein: 4g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 0.2g | Cholesterol: 43mg | Sodium: 104mg | Potassium: 173mg | Fiber: 2g | Sugar: 14g | Vitamin A: 241IU | Vitamin C: 5mg | Calcium: 42mg | Iron: 1mg