

Peanut Butter Banana Muffins

Brigades @ Home – 21/08/2020

Preparation time: 20 minutes

Cooking time: 20-25 minutes

Overall inc. cooling: 1 hour

Makes: approx. 12 muffins

Ingredients

75g Butter, softened

200g Caster sugar

150g Peanut butter, crunchy

2 (about 200g) Bananas, very ripe, peeled and mashed

4 Eggs, beaten

250g Self-raising flour

Method

1. Preheat the oven to gas mark 4, 180°C, 160°C fan
 2. Put 12 muffin cases into a 12 muffin tin
 3. Weigh the butter into a large bowl and cream with an electric hand whisk until soft
 4. Add in the caster sugar, peanut butter, and mashed bananas, and beat into the butter until light and fluffy with the electric hand whisk
 5. Beat the eggs in a small bowl. Pour gradually into the mixture beating constantly with the whisk
 6. Sift in the flour and fold in gently with a metal spoon
 7. Spoon the mixture into the muffin cases until $\frac{3}{4}$ full
 8. Bake in the oven for 20-25 minutes until risen and golden
 9. Transfer the muffins from the tin to a cooling rack and allow to cool completely
 10. Store in an airtight container
-

Peanut Butter Banana Muffins

Brigades @ Home – 21/08/2020

Ingredients

- 75g Butter, softened
- 200g Caster sugar
- 150g Crunchy peanut butter
- 2 Bananas, very ripe (approx. 200g)
- 4 Eggs
- 250g Self-raising flour



Utensils

- Metal spoon & fork
- Large & small bowls, & Scales
- Sieve & Electric whisk
- Muffin tin & Muffin cases
- Cooling rack
- Airtight container
- Oven gas 4, 160°C fan



1.
Put 12 muffin cases into a 12 muffin tin



2.
Weigh the 75g of butter into the large bowl



3.
Whisk the butter with the electric hand whisk until it is soft



4.
Weigh the 200g of caster sugar into the large bowl



5.
Weigh the 150g of crunchy peanut butter into the large bowl



6.
Mash the bananas and weigh 200g worth into the large bowl



7.
Whisk the mixture with the electric hand whisk until it is light and fluffy



8.
Break the 4 eggs into the small bowl



9.
Whisk the eggs together with the fork until combined



10.
Gradually add the eggs into the batter whisking all the time



11.
It will end up very liquid and uniform in colour



12.
Weigh the 250g self-raising flour into the sieve over the large bowl



13.
Sieve the flour into the batter



14.
Fold in the flour gently using the metal spoon



15.
Spoon the mixture into the muffin tins until they are about ¾ full



16.
Bake in the oven for 20-25 minutes until they are risen and golden
You could use the skewer trick to check – if a skewer put through the middle comes out clean they are done



17.
Enjoy
Store in an airtight container

