

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".

Chocolate Chip and Banana Oat Muffins



Ingredients

300g rolled oats (medium or fine)

2 tsp baking powder

1 tsp bicarbonate of soda

¼ salt

225g very ripe bananas

3 medium eggs

425g plain Greek yoghurt

125g runny honey

1 tsp vanilla essence

100g chocolate chips (milk or plain)

Method

Preheat the oven to 180°. In a food processor add the oats, baking powder, bicarb' of soda and the salt and process until it has the texture of flour.

Add the remaining ingredients (apart from the chocolate chips) and process gently until smooth. (Don't worry if there are still a few flecks of flour visible).

Fold in the chocolate chips, then divide the mixture between 12 muffin cases. Place on a baking tray and bake for 20 minutes until they have risen and are golden on the top.

Transfer to a wire rack to cool before eating.

Approx 240 cals per muffin

Approx 33g carbohydrate per muffin