

Fresh for Kids®

# Strawberry, banana & yoghurt muffins



## Strawberry, banana & yoghurt muffins

**Preparation:** about 20 minutes

**Cooking:** about 25 minutes

**Makes:** 12

2 cups self-raising flour

$\frac{3}{4}$  cup brown sugar

250g strawberries, hulled and chopped

1 very ripe banana, mashed

100g butter, melted and cooled

2 eggs

$\frac{1}{2}$  cup buttermilk or milk

$\frac{1}{2}$  cup reduced fat natural yoghurt

Icing sugar, for dusting

1. Preheat oven to 180°C. Line a 12 x  $\frac{1}{2}$  cup muffin pan with paper cases. Sift flour into a large bowl. Stir in sugar and strawberries. Set aside.
2. Place banana, melted butter, eggs, buttermilk or milk and yoghurt in a jug. Whisk to combine. Using a large metal spoon, stir banana mixture into dry ingredients until just combined. Spoon mixture into prepared pan. Bake for 25 minutes until golden and cooked through. Stand in pans for 10 minutes then transfer to a wire rack to cool. Dust with icing sugar and serve.

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### Bananas

- An excellent source of vitamins B6 and C.
- One banana provides almost 30 per cent of your daily vitamin C requirements.
- A good source of dietary fibre and also provides potassium. The body needs potassium to balance sodium (from salt) and maintain healthy blood pressure.

For fresh fruit and vegetable recipes visit  
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