

# Yummy honey muffins

tenderleaf®  
printables  
www.tenderleaftoys.com

We've got a great home baking recipe here and a fab way to use up ripe bananas plus they are full of yummy honey so no refined sugar! Once you've baked them print out this page and make some cute cake toppers to stick in your muffins!

Share  
your creations  
with us!  
#tenderleaf  
f i p t

## INGREDIENTS

3 1/2 cups whole wheat flour  
2 tsp baking soda  
1 tsp salt  
2/3 cup olive oil  
1 cup honey  
4 eggs  
2 cups mashed ripe bananas  
1/2 cup hot water

## DIRECTIONS

- 1 Stir together dry ingredients.
- 2 Beat oil and honey together, add eggs and beat well.
- 3 Add bananas and beat to combine.
- 4 Add dry ingredients to wet, alternating with hot water and mix well.
- 5 Spoon batter into 24 greased muffin cups, bake at 325 degrees/gas mark 3 for 15 minutes, or until muffins are golden brown and skewer test comes out clean. Remove from oven and cool on rack.

### Top tip!

Try adding chopped dates, raisins, chocolate chips and chopped nuts to this recipe!

Here's one we made!

## Muffin toppers

Fold here, insert a cocktail then glue on the inside to stick together

