

BANANA CHOCOLATE CHIP MUFFINS

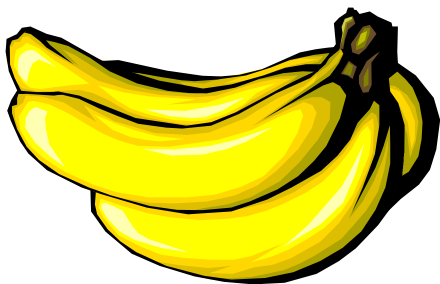
Cookery Principle: Muffin Method

Ingredients:

210 ml flour
1 ml salt
40 ml sugar
7 ml baking powder
50 ml milk
45 ml oil
1 egg
5 ml lemon juice
1 banana, mashed
100 ml chocolate chips

Equipment:

muffin pan
dry measures
metal spatula
cooling rack
large & small bowl
wooden spoon
rubber spatula
liquid measure
small measures
sieve
large spoon
table knife
fork



Method:

1. Preheat oven to 200°C (400°F).
Check oven rack position.
2. Grease muffin cups.
3. Measure flour. Sift with sugar, salt, and baking powder in large bowl. Stir in chocolate chips. Make a well.
4. Mash banana in medium bowl with a fork. Add egg, oil, milk, and lemon juice. Stir with a fork to blend.
5. Add liquid mixture all at once to dry ingredients.
6. Stir just until dry ingredients are moistened.
7. Divide batter into the 6 muffin cups.
8. Bake for 20-25 minutes, until a toothpick comes out clean.
9. Remove muffins from pan immediately and carefully to cooling rack.