



THE INCABERRY

Banana & Incaberry Muffins



Ingredients:

- ¾ cup non-fat or low fat Butter Milk
- ¾ cup packed light brown sugar
- ¼ cup light olive oil
- 2 large eggs
- 3 medium overripe Bananas
- 2 ¼ cups plain flour
- ½ cup Incaberries
- 1 ½ teaspoons baking powder
- ¾ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- ¼ course chopped walnuts or pecans (optional)

Method:

Cover Incaberries in boiling water while preparing the batter.

Preheat oven to 190c Spray muffin tin with cooking spray.

Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed Bananas.

Mix flour, baking powder and spices in a medium bowl.

Fold the dry ingredients into the wet ingredients and stir until just combined.

Drain Incaberries and cut in half, fold through mix. (add walnuts/pecans at this point)

Spoon into muffin tin. No more than ¾ fill each.

Bake until the top is golden brown and a wooden skewer inserted in the centre comes out clean – approx 20–25 minutes.

Let cool for 10 minutes, then turn out onto a wire rack.

Store in an air-tight container for 2–3 days.