Banana Honey Muffins

EASY • 30 MINS

Take four bananas, add a few wholesome ingredients, a big dollop of cocoa honey on top and you have a whole new spin on this lunchbox essential! Refined sugar free, we hope this recipe becomes a favourite in your household.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	20 mins	12

Ingredients

- 4 ripe bananas
- 90g (¼ cup) Capilano Pure Honey

Method

1. Preheat oven to 180°C (fan forced). Blend or mash 3 bananas, combine with coconut oil and honey until well mixed.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

- ¼ cup coconut oil, melted and cooled
- 1 ½ cups self-raising flour
- ¼ tsp salt
- 1 egg
- 1 tablespoon rolled oats

To serve
- 3 tablespoons Capilano Pure Honey
- 1 tsp cocoa powder, sifted

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

2. In a large bowl, combine flour and salt and then add puree and stir until well combined. Add the egg and stir until just incorporated.

3. Divide the mixture between the 12 holes of a paper lined muffin tin (filling each to 3/4 full) then top each with a slice of banana and a sprinkle of oats.

4. Bake for 18-20 minutes until a skewer inserted into the batter comes out clean.

5. Set aside to cool.

6. When ready to serve, combine additional honey and cocoa powder, mixing well until smooth. Dollop a teaspoon on top of each muffin.