Vegan muffins
makes 12

250g self-raising flour
1 teaspoon bicarbonate of soda
120g caster sugar
1 small ripe banana
100g dairy-free margarine, melted
125ml plant-based milk
200g additions – fruit, nuts, chocolate, spices etc
A few drops vanilla extract

1. Preheat oven to 220°c / 200°c fan oven / gas mark 7. Line a muffin tray with paper cases.

2. Weigh the self-raising flour, bicarbonate of soda and caster sugar into a large mixing bowl.

3. Mash the banana and add to the dry ingredients.

4. Measure the plant-based milk and pour into the dry ingredients with the melted margarine. Mix together with a hand whisk. Add the vanilla extract with any additions. (Add any spices with the flour.)

5. Divide evenly between the paper cases. Add any toppings – granulated sugar, chocolate chips, chopped nuts etc.

6. Bake for 15 – 20 minutes until the top looks firm. Test to see if cooked by inserting a small sharp knife into the centre of a muffin. If the knife comes out clean, the muffins are cooked. Leave to cool on a wire rack.

*For chocolate muffins – replace 25g of the self-raising flour with cocoa powder. Sieve together with the self-raising flour into the bowl.