

Vegan & Eggless Banana Muffins recipe below:

PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

45 mins

SERVES: 10 muffins

INGREDIENTS (measuring cup used, 1 cup = 250 ml)

dry ingredients:

- 1.5 cups flour 180 grams
- ½ tsp baking soda
- 1 tsp baking powder
- a pinch of salt

wet ingredients:

- 3 large bananas or 5 medium bananas, 400 grams or 14.10 ounce
- ¼ cup organic unrefined cane sugar or regular sugar, 50 grams
- ½ cup oil
- 1 tbsp lime or lemon juice
- 1 tsp vanilla extract or vanilla powder

INSTRUCTIONS

1. line a muffin tray with muffin liners. also preheat the oven to 180 degrees celsius/356 degrees fahrenheit for 15 minutes. you can use the same temperature for preheating in the convection mode of a microwave oven.
2. in a bowl take chopped bananas along with sugar. begin to mash the bananas with a fork or a masher till smooth. a few small chunks of bananas are fine. you can also blitz the bananas and sugar in a blender to get a smooth puree.
3. add oil. you can also use melted butter instead of oil.
4. stir the mixture very well with a wired whisk so that the oil is mixed evenly.
5. add vanilla extract or powder. here i used vanilla powder. stir well.

6. then add 1 tbsp lime or lemon juice. mix well and keep this wet mixture aside.
7. begin to seive 1.5 cups whole wheat flour/atta, ½ tsp baking soda, 1 tsp baking powder, a pinch of salt directly in the wet ingredients bowl. you can also seive the dry ingredients in a plate or tray and then add later.
8. holding a spatula, with light hands gently fold the dry ingredients with the wet ingredients. don't over do the folding.
9. the muffin batter ready to be poured in the muffin liners.
10. spoon the batter in muffin liners till ¾th of the liners. using a spatula remove the excess batter from the bowl and add to the muffin liners.
11. place the muffin tray in the center rack with both the top and bottom heating elements of an OTG. bake the muffins in the preheated oven at 180 degrees celsius/356 degrees fahrenheit for 30 to 35 minutes or till a tooth pick inserted comes out clean. the recipe yields 10 regular sized muffins. temperatures in ovens differ, so do keep a check while baking. your oven might bake the muffins in 20 minutes or even 40 minutes.
12. it took a total of 35 minutes for the muffins to bake in my oven. the tops should be golden. the final check is that a tooth pick should come out dry or with fine crumb particles. there should be no stickiness. use the same temperature for baking in the convection mode of a microwave oven.
13. once warm or cooled at room temperature, serve these eggless banana muffins as sweet snack or dessert