

Banana cupcakes



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Preparation: about 40 mins **Cooking:** about 20 mins
Serves: 4 kids

Ingredients:

125g butter, softened
¾ cup caster sugar
1 tsp vanilla extract
2 eggs
1 cup mashed ripe banana (about 3 medium bananas)
1½ cups self-raising flour
½ tsp bicarbonate of soda
⅓ cup reduced fat milk
Cachous or sprinkles, for decorating

Cream cheese frosting

100g reduced fat cream cheese
1½ cups icing sugar mixture, sifted
1–2 tsp fresh orange juice

Method:

1. Preheat oven to 180°C. Grease 12 x ⅓ cup muffin pans with melted butter or line with patty cases.
2. Using electric beaters, beat butter, sugar and vanilla in a bowl until light and fluffy. Beat in eggs one at a time, beating well after each addition. Add mashed banana. Beat until combined.
3. Sift flour and bicarbonate soda over banana mixture. Add milk. Using a large metal spoon, gently stir until combined. Spoon evenly into prepared muffin pans. Bake for 18–20 minutes or until cooked through when tested with a skewer. Cool in pans for 5 minutes then transfer to a wire rack to cool completely.
4. To make cream cheese frosting, using electric beaters, beat cream cheese, icing sugar and 1 tsp orange juice in a bowl until smooth (if too thick add extra orange juice). Spread frosting onto cupcakes. Decorate with cachous or sprinkles and serve.



Bananas:

- Although you can't see actual fibres in bananas, they're a good source of dietary fibre. The soluble fibre in bananas promotes healthy bacteria in the colon.
- A source of many vitamins, including vitamin C, folate and B6. Vitamin B6 is important when the body needs to convert protein to glucose during prolonged exercise.