

Banana Smoothie Cupcakes

Recipe

INGREDIENTS

- 1C Self raising flour
- 1C Wholemeal self raising flour
- 3 Bananas, mashed
- 125g Coconut oil, melted
- 2 Eggs, lightly beaten
- 1tsp Ground nutmeg
- 1tsp Vanilla extract
- ½C Greek or natural yogurt



INSTRUCTIONS

- 1 Preheat oven to 200C
- 2 Combine all ingredients in a large bowl, and mix
- 3 Pour into a 12 hole greased cupcake pan, or use silicone liners
- 4 Bake at 200C for 15 minutes, or until a skewer comes out cleanly
- 5 Cool in a pan for 10 minutes, then on a rack until completely cool

NOTES