

# Simple Vegan Banana Muffin

## Recipe



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### Ingredients

- 3 ripe bananas (optimal when very ripe)
- 1/4 cup of vegan butter
- 1 cup of sugar
- 2 cups of plain flour
- 1 teaspoon of salt
- 1 teaspoon of bi carb soda

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### Method

- Preheat your oven to 180°C and prepare your muffin tray.
- In a spacious bowl, use a fork to thoroughly mash the bananas until they achieve a soft consistency.
- Add the vegan butter and sugar to the mashed bananas, then blend them together until well combined.
- In a separate bowl, mix together the flour, salt, and bi-carb soda until the ingredients are uniformly integrated. Then, gently combine this flour mixture with the banana mixture. Be sure to stir just enough to combine the two mixtures; avoid overmixing!
- Carefully distribute the batter into your muffin tray and place it in the oven. Bake for approximately 25 minutes.

