

BLUEBERRY & BANANA MUFFINS

These super simple blueberry and banana muffins by Harrie from Boo to a Goose are the ultimate lockdown pick-me up. You can opt for a milk or flour alternative, and swap the blueberries for anything you have to hand.

Prep time 10 minutes (plus 15 minutes to stand) | Cook time 15 minutes | Serves 12

4 ripe bananas mashed

40g gluten free oats

60ml of almond milk (or milk of your choice)

125ml of maple syrup

250ml vegetable oil

2 Old Cotswold Legbar eggs

1 teaspoon cinnamon

2 cups of gluten free self-raising flour

1 cup of blueberries

Carefully stir together in a large bowl everything apart from the flour and berries, and then leave to stand for 15 minutes.

Meanwhile, pre heat the oven to 180c.

After 15 minutes, sieve the flour and stir in the blueberries.

Spoon into muffin cases and bake for 15 minutes or until golden brown. Remove from the oven, allow to cool and enjoy with a cup of tea.









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