

## Banana, oat, coffee-linseed and walnut muffins

140g oats

70g ground linseed with a  
few Harrie's Coffee beans

110g flour (whole-wheat  
or wheat-free if wanted)

220ml yoghurt & 110ml  
milk

1 egg

100g sugar (or less)

60g chopped walnuts

1 ripe banana + 1 firm  
banana

1 tbsp baking powder

½ tsp salt

½ tsp cinnamon

80ml sunflower oil plus  
extra to grease tin



Mix oats, linseed, 1 ripe  
mashed banana, milk and  
yoghurt in a bowl and set  
aside for 20mins.

Mix remaining flour with  
baking powder, salt and  
cinnamon.

Whisk eggs with sugar  
until slightly fluffy.

Add flour mix to the  
oat/linseed mix, add  
egg/sugar and mix well.  
Stir in walnuts and oil.

Heat oven to 200C,  
grease tin or use paper  
cups for 12 muffins. Top  
each muffin with a thick  
slice of firm banana. Bake  
for approx. 25 mins

