

# Cooking with Welby



## Toasted Muffin with Banana

Preparation: 5 mins

Cooking: 5 mins

Serves 4, costs under £1.00



### Ingredients

- 4 (288g) Toasting Muffins
- 4 Medium Sized (400g) Bananas

#### Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

### Nutritional Information

Based on a single serving of 168g

**Energy**  
272.00 kcals  
1142 kJ

**Fat**  
2.10g

**Saturates**  
0.40g

**Sugar**  
23.50g

**Salt**  
0.80g

### Method

1. Slice the muffins in half and toast.
2. Slice or mash the bananas and place on top of each half of muffin then serve.

### Tips for Kids

Kids will love mashing bananas!

Recipes courtesy of Parent Club

**Parent Club**

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