

David Atherton's delicious banana chocolate muffins



The addition of quinoa and sweet potato means these muffins from the new book by David Atherton are healthier than your average bake.

"If you are looking for a quick, no-faff, healthy baked treat, these could be your answer," says the 2019 Great British Bake Off Winner.

"The building blocks for these cakes are not just butter and sugar, but banana, sweet potato, yogurt, olive oil and cooked quinoa."

INGREDIENTS (MAKES 10)

100g dark chocolate (70% cocoa solids), chopped into chunks
130g plain (all-purpose) flour
30g cocoa powder
100g soft brown sugar
2tsp baking powder
1 very ripe banana, chopped
30g natural yogurt
50ml light olive oil
1 large egg
1tsp vanilla extract
100g cooked quinoa
50g finely grated sweet potato

METHOD

1 Preheat the oven to 200°C fan (220°C/425°F/gas mark 7). Prepare a muffin tray either by greasing or filling 10 holes with paper cases.

2 Add the chocolate to a mixing bowl with the flour,

cocoa, sugar, baking powder, and toss together. Blend the banana, yogurt, oil, egg, vanilla and quinoa until smooth, then add to a bowl with the sweet potato. Combine the wet and dry ingredients with a wooden spoon until just mixed, then divide between the paper cases or muffin tin holes.

3 Bake for five minutes, then reduce the oven temperature to 150°C fan (170°C/325°F/gas mark 3) and bake for a further 12-15 minutes, or until a toothpick inserted in the centre comes out clean. If you like, glaze the tops with honey while they're still a little warm. Best eaten fresh but stored in an airtight container will last for up to five days.

● Good To Eat by David Atherton, photography by Ant Duncan, is published by Hodder & Stoughton, priced £25.

