



Banana & Date Muffins with Salted Caramel Sauce

Ingredients

- 250ml Dates, chopped (or Apricots, Raisins etc.)
- 250ml Boiling water
- 5ml Baking soda
- 15ml Butter
- 250ml Brown Sugar
- 1 egg
- 250ml Banana, mashed
- 2.5ml vanilla
- 500ml Flour
- 5ml Baking powder
- [Wild Appetite Salted Caramel Sauce](#)



Method

Soak Dates in boiling water with Baking soda and butter for 1 hour.

Beat the eggs, sugar and vanilla essence

Fold in fruit mix and bananas

Mix well and fold in the sifted flour and baking powder

Pour into greased muffin trays and serve with [Wild Appetite Salted Caramel Sauce](#)

Cook for 30 – 40 minutes at 170°C.