

Banana Date and Pecan Muffins

125 gr butter or soft margarine
100 gr brown sugar
2 eggs
6 very ripe bananas
250 gr plain flour
1 teasp. baking powder
1 teasp bicarb of soda
1 teasp. vanilla paste
100 gr medjool dates, pitted
1 cup of boiling water
100 gr pecan nuts
2 teasp cinnamon

Place the dates in boiling water, bring to the boil, cool and mash or puree in food processor.

In a mixing bowl add the butter and sugar, beat together. Gradually add the eggs and the bananas. It will be very loose and runny.

Add the dry ingredients to the egg mixture, beat with a wooden spoon until all mixed through. Add the date puree, and the pecan nuts, mix thoroughly.

Line 24 muffins tins with paper cases. Fill the muffin tins to $\frac{3}{4}$ full at least. Pop in a hot oven 180°C Gas 5 for 20 minutes.

Check if cooked with a skewer, when the skewer comes out clean, they are cooked. Remove from the oven and leave to cool. You can dredge with icing sugar when still warm.

These freeze beautifully and an ideal way to use up old bananas and any date slying around after Christmas.