

CHOCOLATE BANANA MUFFINS



FOOD SERVICE



A great way to use up over-ripe bananas, yielding a moist and satisfying muffin. Use a good quality chocolate to give the best flavour. Freeze peeled bananas when past their best and use up in these muffins.

Customer Services Phone 0800 800 617

www.chelsea.co.nz/foodservice

CHOCOLATE BANANA MUFFINS

MAKES 12



INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
800g over-ripe bananas (4 bananas)	0.00199	\$1.59
150ml Simply Pure Canola Oil	0.00240	\$0.36
3 no. 6 eggs	0.20967	\$0.63
100g Chelsea Soft Brown Sugar	0.00280	\$0.28
280g plain flour	0.00166	\$0.46
4g baking soda (1tsp)	0.00260	\$0.01
20g cocoa powder, sifted	0.01158	\$0.23
200g milk chocolate, chopped	0.00807	\$1.61

METHOD

Preheat oven to 200°C. Grease a 12 hole muffin tin and dust with extra cocoa powder, or line with paper cases.

Put bananas into bowl of food mixer fitted with beater attachment and beat until mashed. Still beating, add the oil then the eggs and the sugar.

Sift together the flour, baking soda and cocoa powder and beat into the banana mixture. Mix in 150g of the chocolate, reserving the rest for the topping.

Spoon into the prepared tin and top with the reserved chocolate. Bake for 15-20 mins, or until the muffins spring back to the touch.

Cool slightly in the tin before turning out onto a cooling rack.

VARIATIONS

- Bake in mini rectangular loaf tins.
- Add 50g chopped nuts for a Chocolate Banana Nut Muffin.
- Replace the milk chocolate chunks with white chocolate chunks.
- Replace the bananas with 450g cooked apple or rhubarb or 400g frozen berries.

PROFIT

- Cost of goods is \$0.43 exc. GST. and a selling price of \$1.65 inc. GST will return 70% gross profit. A more realistic selling price of \$3.00 inc. GST would return over 80% gross profit.

NUTRITION

- Bananas are a good source of vitamin B and potassium.
- Contains wheat, eggs and dairy products.

SERVICE

- Best baked fresh daily, but may be frozen if necessary. Defrost frozen muffins and reheat in a hot oven for a few minutes to reconstitute.
- Place on counter as impulse item. Serve from the Muffin tin to give a just baked look.
- Also good as a catering item, make in smaller muffin tins for such events.
- Serve warm with a dollop of crème fraîche or Greek yoghurt.

TOTAL COST	\$5.18
COST PER PORTION	\$0.43
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE **\$1.65**
(per portion)

Costs based on average wholesale prices at February 2014