

JANUARY 2018

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

— Edith Lovejoy Pierce

Happy New Year to you all !

***May 2018 be a
year filled with love, laughter,
brightness, hope and kindness***

Banana Crumb Muffins

(Great for those IWAN coffee mornings ☺)

FOR THE MUFFINS

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 3 bananas, mashed
- 1/2 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1 large egg
- 1/3 cup vegetable oil
- 1 1/2 teaspoons pure vanilla extract

FOR THE CRUMB TOPPING

- 1/3 cup packed brown sugar
- 2 tablespoons all-purpose flour
- 1/8 teaspoon ground cinnamon
- 1 tablespoon butter



1. Preheat oven to 190 degrees celcius.
2. Lightly grease 10 muffin cups, or line with muffin papers.
3. In a large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt.
4. In another bowl, beat together bananas, sugar, egg and melted butter.
5. Stir the banana mixture into the flour mixture just until moistened. Spoon batter into prepared muffin cups
6. In a small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon.
7. Cut in 1 tablespoon butter until mixture resembles coarse commeal. Sprinkle topping over muffins.
8. Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

ENJOY !




[Our AGM will be held on Tuesday, 13th February 2018](#)

Please start thinking about if you would like to join the new committee for 2018.

The available roles are (a) Chairlady (b) Vice-Chairlady (c) Finance Administrator (d) Charity
(with sub-committee of +- 3 ladies) and (e) Secretary

Please let anyone of the committee members know, by e-mail (addresses above),
if you are interested in any of these positions.

Thank You !

Women forget
how much we can
inspire each other.
No one understands
 us like us.

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