

Fiji

Overseas
Voyage
2020 to 2021



The
United
Reformed
Church

Fiji

Welcome to the 2020-21 Pilots Overseas Voyage

Every year, inspired by our hero John Williams, we invite Pilots companies to explore another country and find out about how people live across the world.

This year, we're in a part of the world John Williams knew well: the South Pacific. John Williams didn't actually go to the islands we're exploring but he would have met people from there on the islands he did go to, so *Bula* (hi, hello, welcome, literally "*life*" in Fijian) – we're in Fiji!



Contents

We hope that, through this booklet, you'll learn more about our brothers and sisters who live on the other side of the world from us.

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Section 1

Where is Fiji? What is it like?

Look on a map of the world and find Fiji. The islands look tiny on a big world map but here's another which shows the islands in detail.

Fiji is made up of more than 300 islands in the Pacific Ocean but people live on only 106 of them full-time. Its territorial area is 1.3m km² (that's 1.3 million square kilometres) but less than 1.5% of that is dry land!



Fiji has two big islands: Viti Levu and Vanua Levu. The capital of Fiji is Suva, on Viti Levu. Some of the islands are a very long way from Viti Levu and some of them are tiny.

Fiji is right on the international dateline. There is a spot in Taveuni where you can stand with one foot on today and your other foot on yesterday! Or is that one foot on today and the other foot on tomorrow?

Activity

Look at the map:

- How many kilometres is the furthest Fijian island from Suva?
- What are the names of the two big islands?
- Find out how far Fiji is from the UK.
- Find out what the time difference is between Fiji and the UK.

Game

Islands

Cut out pieces of newspaper and put them on the floor so that every Pilot has an island. When the music starts, the Pilots move around and one island is taken away. When the music stops, the Pilots find an island to stand on. Then another island is taken away, and so on. The last Pilot to have an island is the winner.

Activity

Because Fiji is made up of lots of islands, the Fijians were known as excellent boat builders. Have a competition. Using only natural materials such as twigs, leaves and grasses (and maybe a bit of string), make a model boat and see whose boat will sail across a bowl of water the fastest. You could blow behind the boats with a straw, or use a hairdryer to provide the wind.

What are the Fijian islands like?

Most of the islands were originally volcanos, so there are lots of mountains on most of them. The highest mountain is called Tomanivi and it is 1324m high – 400 metres taller than the highest mountain in Great Britain, Ben Nevis.

Unlike Britain, Fiji has only two seasons: a dry season (May to October) and a wet season (November to April), though parts of some islands are dryer than others all the year round, depending on whether they have mountains between them and the direction of the rain-bearing winds. It is warm all the year round, so the climate is ideal for growing fruit and vegetables.

Unfortunately, the islands are in the path of cyclones, which are becoming more frequent, probably because of climate change. The most recent was Cyclone Harold in April 2020. Houses were destroyed, roads and jetties for ships to dock were swept away, and crops, such as banana trees, were uprooted by the cyclone's winds. Because some of the islands are so remote, it took days for relief boats to get to them.

This came at the time when the islands were in lockdown because of coronavirus (just like us), so Fiji has had extra difficulties: people whose houses were destroyed had to move into evacuation centres. Those people were not able to socially distance themselves. Later, just getting and moving materials, and people, to rebuild homes and roads was much harder.



Bible link: Mark 4:35-41

Jesus is asleep in a boat because he's tired: he's been teaching and healing people all day. The disciples are steering and managing the sail but, all of a sudden, a storm comes up and the little boat is in danger. They wake Jesus up and he stills the storm. When we're in danger or frightened or worried, we know that God is caring for us.





Prayer

Dear God, thank you for being a safe place for us to go to when our fears and worries seem so much bigger than we are. Help us to remember that nothing is too big or too hard for you. Amen

Activity

Make your own volcano by building a cone shape out of papier mache, and leaving a dip at the top. Fill the dip with bicarbonate of soda. Then pour some vinegar in and see what happens. You can also make what looks like a cyclone with two identical plastic drinks bottles. Fill one with water. If you have a tornado tube, you can use this, or place a metal washer on the top of the full bottle. Place the empty bottle upside down on top so that the washer is between the two openings of the bottles and tape together really well with waterproof tape. Now, turn the bottles over so the water-filled one is on the top and start swirling the bottles. After a little while a vortex should appear which looks a bit like a cyclone. A cyclone is a powerful spinning storm with wind and rain but with a calm centre called the eye. It travels at over 74mph (miles per hour).



Section 2

Climate change

Fiji, like its neighbour islands across the South Pacific, is one of the smallest contributors to global carbon emissions. But it faces some of the worst consequences of extreme weather patterns.

Since 1993, Fiji has recorded a 6mm increase in its sea level per year, more than the global average. This means that sea water comes further inland when there are storms, which destroys crops and communities.

Fiji has promised to have only renewable energy sources by 2030 and has adopted a reforestation policy to store carbon from freshly planted trees.

In 2012, residents of Vunidogoloa, a village on the shoreline of Fiji's second-largest island, Vanua Levu, became the nation's first community to have to move due to climate change. The village's 153 people were just metres from the coast, but with four decades of higher tides and heavier rainfall, Vunidogoloa – with its homes, gardens, crops and trees – was in danger, and its people had to move to higher ground.

The new site, a couple of kilometres inland, uphill from the original coastal location, has enabled the community to sleep soundly at night for the first time in many years, free from the worries of flooding, storm surges and tsunamis. Despite the fact that they miss their old homes, "Weather was a constant pre-occupation; it was always on our minds," said Simione Botu, village chief. "Living by the sea was always a risk. Now, away from that danger, we sleep well."



The new village of Vunidogoloa



Discussion

If your community was in danger of being flooded and everyone had to move, how would you feel? What would you miss about where you live now? What would be the most important buildings you would want to be rebuilt?

Discussion

What can we do in our own locations to help countries like Fiji? We are part of the problem when our country does so much to pollute the environment. What can we do to be more responsible about pollution and to keep remembering the impact that climate change has on others in Fiji and around the world?

Activity

Challenge your Pilots group to come up with a list of ten things they could do to reduce their impact on global warming. See how many they can do in a week (eg remembering to turn lights off, not leaving electrical items on standby, riding a bike instead of travelling by car, etc). Perhaps your Pilots group might like to write letters to their local MP to ask the government to take action on climate change. Their voices can really make a difference, and will add to the voices of their brothers and sisters in Fiji.

Bible link: Genesis 1

Prayer

Whatever happens to the earth, happens to us who live here;
every part of the earth is precious.
The air is essential, for all of us share the same breath;
every part of the earth is precious.
The earth does not belong to us; we belong to the earth;
every part of the earth is precious.
Everyone is connected because we are all one family;
every part of the earth is precious.
Our God is the same God, who looks after us all;
every part of the earth is precious.
For it all belongs to our Creator.
Amen



Section 3

Who lives in Fiji?

People have lived on the islands of Fiji for nearly 4,000 years. The first inhabitants are called Lapita people, after the beautiful pottery they produced.



Activity

Make your own Lapita plate: roll out quick drying clay into a round plate shape. Use cocktail sticks or a sharp pencil point to make a pattern in the clay. Then, paint the pattern when the clay is dry. Finish with varnish.

Europeans discovered the Fiji group of islands by accident – they're very small islands in a very big ocean. The first Europeans to live with Fijians were shipwrecked sailors and runaway convicts. The Europeans had escaped from prisons in Australia, where criminals had been transported all the way from Britain.

Captain Cook, who met Fijians when he was in Tonga in the 18th century, said they were great fighters and builders of the finest boats in the Pacific, but not great sailors. People on other islands would buy cloth made from bark (see page 15) and war clubs from the Fijians.

The Fijians called their home Viti, but the Tongans called it Fisi, and it is by this foreign pronunciation, Fiji, that the islands are now known. Sponsored by the London Missionary Society (LMS), John Williams came to the South Pacific in 1817 to bring Christianity to the islands. John never came to Fiji but he met Fijians on other islands. The first Christian missionaries in Fiji were three LMS teachers who travelled from Tahiti in 1830. They were soon followed by people from the Wesleyan Missionary Society, who were in Tonga and Australia. The Fijian people learnt about Christianity from these Christians.



Fijians were rich in culture and traditions. One of their most valued possessions is the *tabua* (tah-mbu-wah), a large polished sperm whale tooth that is exchanged during important ceremonies.



Fijians were also great warriors and there were many wars between different chiefs and tribes, and even with the Tongans, who tried to conquer Fiji but failed. One of Fiji's great chiefs, named Ratu* Seru Cakobau, accepted Christianity as his new religion in 1854 and declared himself the King of Fiji. His people quickly embraced the new faith and over the coming decades many other Fijians also accepted Christianity. After the great leader, Seru Cakobau, died in 1874, the islands became part of the British empire. But since 1970, Fiji has been an independent country.

Lots of different people have lived on the islands of Fiji over the centuries. These include people who were brought from India by the British government to work on sugar plantations as indentured labourers. Many of those who came from India were promised a new and better life in Fiji, but when they arrived they suffered under hard labour and poverty. The people from India made sure their children after them would fight for justice, better living conditions, and work opportunities.

As well as Indians, people of European and Chinese origin, as well as other Pacific islanders, live alongside the people who have always been in Fiji. There are a mix of Christian, Hindu and Muslim people living in Fiji. The diverse groups of people in Fiji mostly live harmoniously together, but there have been times when violence erupted between the indigenous Fijians and Indo-Fijians, resulting in four military coups.

The population of the islands is less than one million. About 60% of people live in rural areas but the population in towns is growing and urban crowding is becoming a problem. Most people are not rich but extended families support each other. Family is very important; village dwellers support their family's town dwellers with food, and town dwellers look after village family members when they visit town for school, hospital or work. Often, children who go to secondary schools on the big islands stay with family there during term time.

Bible link: John 13:34-35

Jesus tells us to love everyone, however different our ideas, beliefs and ways of life. How different would living in a village, or a small island, or a high-rise block in Suva, be to how you live today? Imagine having a different background to your own. Imagine what life is like for Indian or indigenous Fijian people. Living in peace together is only possible if we understand and respect each other.

Prayer

May the God who created a world of different people,
go with us as we live our lives to the full with our friends and family.
May the Son who teaches us to care for strangers and people different from ourselves,
go with us as we try to be good neighbours in our community.
May the Spirit who breaks down barriers and celebrates all peoples,
go with us as we find the courage to create welcome and warmth for all.
Amen

*Ratu means King or Sir. Ranadi means Queen. So, Fijians call the UK's Queen, Elizabeth II, Ranadi Elizabeth.



Everyone who goes to Fiji, or meets Fijians, says how very friendly, generous, helpful and laid back they are – lovely people to meet.

Discussion

What words do you think visitors use to describe your Pilots group?

Fiji is a very young country in terms of the age of the population. The chart below shows the percentage of different age groups in Fiji.

When you compare this with the UK, the difference is noticeable. In the UK, only 11.91% of people are under 15; 12.38% are aged between 15 and 29 but nearly 16% are over 60.

Discussion

What do you think this difference between the UK and Fijian population means for Fiji, and for us?

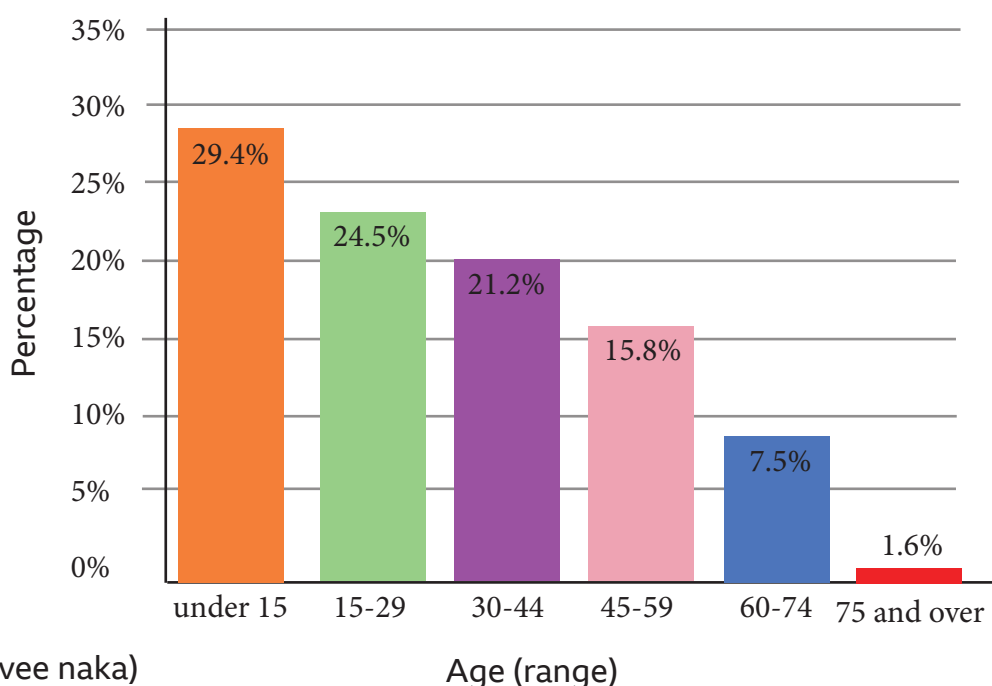
Language

English is Fiji's main language, but Fijian and Hindustani are also taught in schools (remember, Indians were brought to Fiji.) The Hindustani spoken in Fiji is different from that spoken in India. Fijians have their own dialects. You can tell where somebody comes from by their dialect, just like you can in the UK.

Some words in Fijian

Please: *yalo vinaka* (yalo vee naka)
Thank you: *vinaka* (vee naka)
Yes: *io* (ee-o)
No: *sega* (senga)
Coconut: *niu* (new)
Church: *vale ni lotu* (vale ni lohtoo)

Fiji age breakdown (2017)



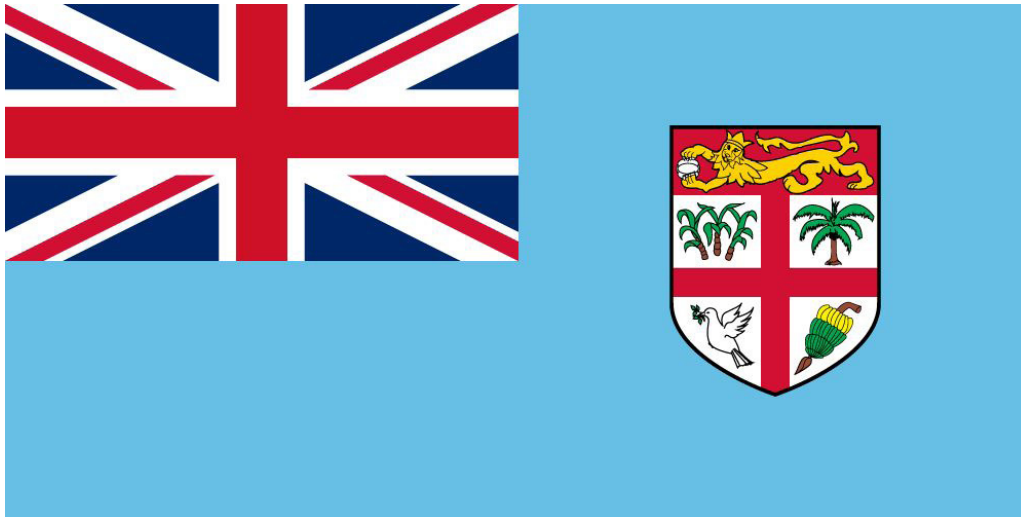
The Pilot Promise in Fijian

Au na vakayagataka na noqu gauna me' vulica ka masulaka na lotu i Jisu Karisito e na vuravura taucoko.



Section 4

The flag and coat of arms

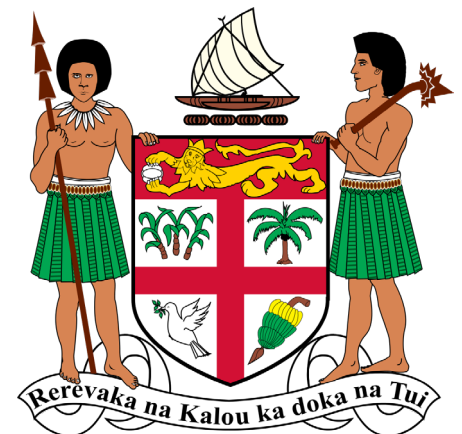


Because Fiji is part of the British Commonwealth, it has the Union Flag as part of its own flag.

The Fijian coat of arms is also on the flag (apart from the canoe, the two warriors and the motto).

The Fijian coat of arms shows: three sugar canes, a coconut palm, a bunch of bananas and a dove, the symbol of peace, with an olive branch. The lion at the top is holding a cocoa pod.

The people on the coat of arms are two Fijian warriors dressed in bark kilts called *sulus*. One warrior is holding a lance and the other a pineapple mace. Above the shield is a canoe (remember, Captain Cook said that Fijians were very good at building canoes.) The motto is: *Rerevaka na kalou ka doka na Tui* (Fear God and Honour the King/Queen).



Activity

Important people as well as countries have coats of arms. What would you want your coat of arms to say about you? Or about your Pilots group? What would be your motto? Design your own.

Game

Beetle

Make a beetle game using the different parts of the Fijian coat of arms. Throw a 1 to start and to draw the shield shape. Throw a 2 to draw the red bar across the top. Throw a 3 to draw the lion. Throw a 4 to draw the cross. Throw a 5 or a 6 to draw each of the images in the four quadrants. Who can complete their coat of arms the fastest?



Section 5

How do people live?

Fijian children who live in villages work very hard, and help take care of their families. They help their parents cook, clean, plant vegetables and tend to their plantations – as well as going to school!

In towns, people work in government, schools, hospitals and factories. There are other types of jobs in towns too. Most people living in the countryside grow food for themselves to eat as well as to sell. Some people also do traditional crafts, like woodcarving, weaving and pottery. Items are sold to tourists and in markets.

Activity

Grow your own, as Fijian villagers do. Grow cress or salad leaves, from seeds, in small pots to take home when they grow.

Activity

Fijian mats, fans and baskets are usually made of coconut or pandanus leaves, which have to be prepared first. Using scrap paper or old magazines, why not have a go at weaving a mat? You could make a placemat to put underneath your Lapita plate. You could decorate the paper with traditional black, brown and yellow Fijian patterns.

Lots of people catch fish. Remember, the majority of people live close to the coast and the sea.



Game

Catch fish

Cut out and colour in lots of different shapes of fish. Put a metal paper clip on the nose of each fish. Attach a cord to a stick, and fix a magnet to the end of the cord. Divide the children into teams. See which team can pick up the most fish.

In the dryer areas of Fiji, there's lots of sugar cane. In the wetter areas, coconuts, ginger, bananas and foods we don't usually see in the UK – like cassava, taro and breadfruit – also grow. People keep chickens, pigs, cattle and goats. Cattle and goats are used for milk as well as for meat to sell.



Tourism has become a very important source of income for Fiji over the past few decades. Visitors love to come to the islands for motor sports, bird watching, scuba diving and just to relax.

But tourism has been hit recently by the coronavirus pandemic, which has stopped flights and cruise ships, and reduced travel from places like Australia and New Zealand. Fiji now makes less money from tourism. And, because mums and dads have lost their jobs, a lot of Fijian families are now struggling to make ends meet. In Fiji's capital, Suva, many people are now planting fruits and vegetables in their back gardens.



Activity

Discover, or find out more about, cassava, taro and breadfruit.

Activity

Scuba diving is a popular activity for tourists because of the coral reefs around Fiji. Make your own coral reef out of an open-topped box. Turn the box on its side and decorate the inside with paints, tissue paper and anything else, so that it looks like under the sea. You could paint egg carton bits to make coral and even stick sand, stones and shells on the base of the box, to look like the sea bed. Then make fish out of cardboard, and decorate them like tropical fish with bright colours on both sides. Use a piece of cotton to attach the fish so that they hang down inside the box, as though swimming.

Education

People at church, sitting on mats made of coconut leaves



Christian missionaries were the first people to write down the Fijian language, and they set up the first schools. Education is free to everyone for eight years. Almost all children attend primary school, and most complete lower secondary (ages six to 14 years). Most of the islands on which there are people living have primary schools. Secondary schools are only on the main islands.

Sometimes, the only way to get to secondary school is by boat. This can take many days, so students often stay near school all term, with family if possible. It took Jimi, who helped write this booklet, a week to get to secondary school when he lived on Fulanga island!

Discussion

How long does it take you to get to school? How would you feel if you had to go to a school that's a lot further away? What would you miss? What would you be quite pleased to be away from? Have you been unable to go to school because of the coronavirus? How did it feel? Did you feel isolated or cut off? What was nice about it?



Messages from three children who live on Viti Levu

Peni writes:

Bula! My name is Peni and I'm eight years old. I usually go to Sunday school to learn how to read the Bible and hear stories from the Bible. At home, we have our family devotions and are taught good moral values from the Bible. We are taught to pray in the morning when we wake up and before going to sleep. We also have devotion in school where we sing a chorus and pray.



Kaitlyn writes:

Bula! My name is Kaitlyn and I'm eight years old. I'm in year three. On Sundays I wake up, have breakfast and get myself ready for Sunday school. During this epidemic we cannot go to church. My family just worship at home and sometimes have a combined service at our neighbours' house.



Rokele writes:

Bula! My name is Rokele and I am five years old. I am in year one. Most of my friends in school are Christians and we are taught to love each other. We have not been going to church because of coronavirus, so we do our devotions at home and sometimes connect with our grandparents through Messenger.



Traditions

Both men and women often wear a *sulu* – a sort of kilt which used to be made of mulberry bark cloth called *tapa*. There are two types of *sulu*: one is a wraparound cloth which men, women, and young people wear. It usually reaches down to the ankle, and can even be worn over pants or shorts when entering into a village. The other is a more formal type of clothing called a *sulu vaka taga* (soo-loo vah-kah tah-nga). It is worn to church and on more formal occasions (Peni is wearing one in this picture.)





The traditional colours of *tapa* are black, brown and yellow. This is a Fijian *tapa*, which in Fiji is commonly called *masi*. Patterns are often geometric or contain images of fish or birds.

A wedding masi cloth



Activity

Draw and colour a typically Fijian pattern on paper, or a piece of cloth, or on the woven paper mat you made. Alternatively, you could print some of these designs because they tend to be repeating patterns. You could cut shapes into potato to do a potato print, or cut pieces out of foam sheets to stick onto a piece of firm cardboard to use as a stamp.

National holidays

There are ten public holidays in Fiji. They reflect the different ethnic and religious groups in the country. A multiracial, multicultural nation, Fiji celebrates all the major religions of the world, and freedom of worship is guaranteed. More than half of Fiji's population are Christians (52.9%), 38.1% are Hindu, 7.8% are Muslim and 7% are Sikh.

Fiji's public holidays

- New Year's Day;
- The Christian Easter festival days of Good Friday, Holy Saturday and Easter Sunday;
- Constitution Day, in September;
- Fiji Day, in October, commemorating the date when Raku Seru Cakobau ceded the islands to Britain and when Fiji gained independence in 1970. This year, Fiji will celebrate 50 years of independence in October;
- The Islamic Prophet Mohammed's birthday, in October;
- The Hindu festival of Diwali, the festival of light;
- The Christian Christmas Day, and Boxing Day.

Activity

If you could choose something to celebrate, with a holiday for everyone, what would you choose?

Many Fijians live in the UK. They get together when they can and met for a service and a feast on New Year's Eve this year.

Game (from the South Pacific)

Bowling

Fix two sticks in the ground about 15cm apart. Players stand about nine metres away and try to roll a stone between the sticks. The stone would be made of lava in the South Pacific.

Activity

Write a letter or draw a picture which can be sent by email to a Fijian child. (Email the Pilots Desk: pilots@urc.org.uk. They will send it on.) Tell the Fijian children about your life, and ask them about theirs. We hope you get a reply!



Section 6

Animal life

Many of the plants and animals in Fiji are thought to have drifted across the ocean many hundreds of years ago. For example, different species of iguanas probably arrived on floating vegetation coming all the way from South America (9000km away). An amazing fact about the crested iguana is that, when it feels threatened by predators it can change colour, from green to dark green or black, to scare them away.



The crested iguana is a threatened species now, partly because of goats eating and destroying their habitat, and partly due to deforestation. The species is found mainly on Yadua, an island between Viti Levu and Vanua Levu, which is now a nature reserve.

Activity

Can you find Yadua on the map?

Around the islands, there are beautiful birds, sea creatures and animals, some of which are only found in Fiji. But many habitats are under threat from domestic animals, the cutting down of forests and pollution in the sea. The Fijian government and nature charities are trying hard to turn this around. People come to Fiji to see beautiful birds, like the masked shining parrot.



Activity

Make a parrot. Fold a paper plate in half to create a bird shape which will rock back and forth. Decorate it in a colourful way – you could paint it, use tissue paper, stick on feathers etc. (Packets of artificial feathers can be bought in stores like Wilko's.)

Remember to give your bird a strong beak, eyes (maybe even wobbly eyes that you can stick on) and a long tail.

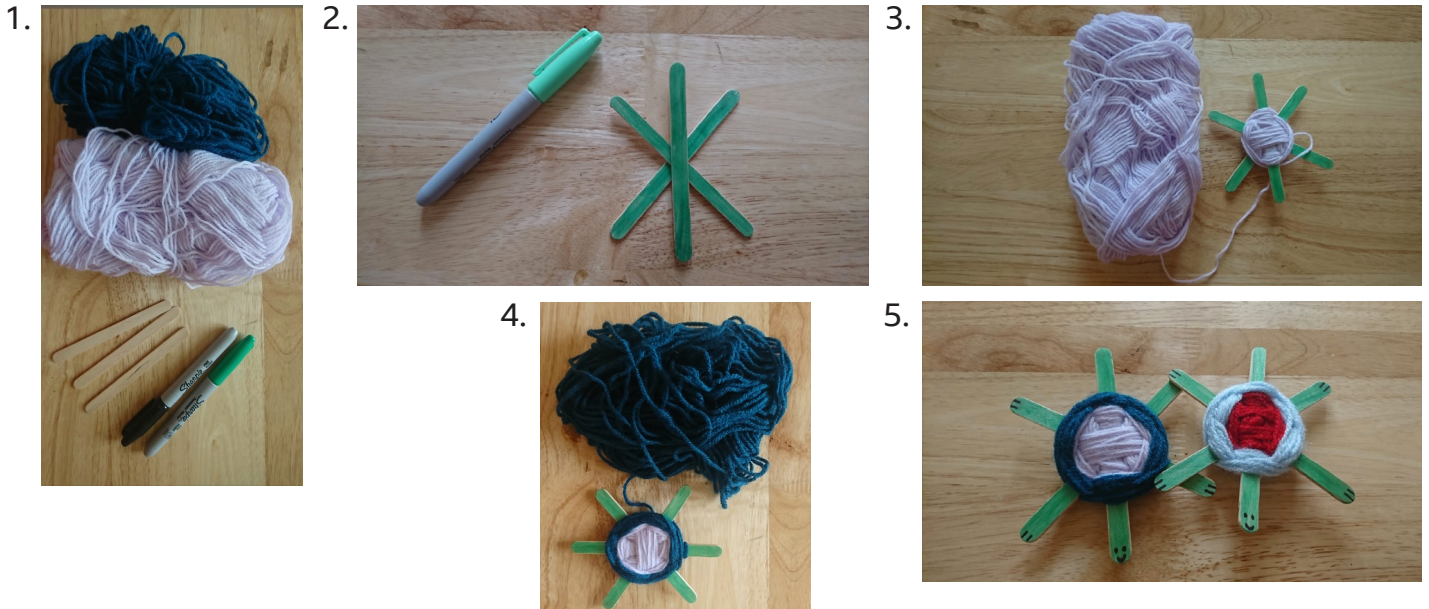
The seas are full of wonderful creatures. In Fiji, there are five different types of turtle alone! Turtles are very important to the peoples of the Pacific and feature in many of their stories, songs and traditions. Turtles have been under threat but the World Wide Fund for Nature (WWF)'s efforts and the government's Turtle Moratorium, banning the harvesting of turtles, are beginning to change this. WWF has set up *Dau ni Vonu*, Turtle Monitors, members of ten local communities where turtles are under threat.



The monitors are often from remote islands. They record sightings, nests and numbers of eggs. They monitor seagrass health (the turtles' food) and fix satellite tags to captured turtles' shells, to track them as they journey around the ocean.

Activity

Make a woven turtle. Take three lollipop sticks and cross them over. Weave wool in different colours round the sticks. Paint a face on one end of one stick.



Bible link: Genesis 1

Prayer

Thank you God for all those who care for your world;
for all those who conserve and preserve;
for all those who work on the land and sea;
for those who wisely use what you have given us for the good of others;
for all those who work to make this world more beautiful.
In Jesus' name.
Amen

Activity

World Sea Turtle Day is celebrated on 16 June each year, in Fiji and around the world. Sea turtles are endangered by plastic pollution in the sea. In fact, around 50% of all sea turtles have eaten plastic, often mistaking it for food like jellyfish. Rubbish on beaches also makes it difficult for turtles to bury their eggs safely. Design a poster to encourage people to use less plastic and to recycle or reuse it whenever possible. Use the sea turtle as your theme. Perhaps you could go for a walk or to the beach and see how much abandoned plastic you can pick up and put into recycling.



Section 7

Food

For special celebrations in a village, or at church, Fijians will have a *lovo* – a traditional banquet, prepared in an underground oven. A hole is dug in the ground, stones are put inside and are heated by a fire. Meat is wrapped in banana leaves and slowly half baked and half steamed – delicious.

We can't have a *lovo* at one of our meetings but we can make food using ingredients that Fijians eat too: sweet potato, bananas, sugar and coconut. The curry powder used in Fijian cooking comes from the islands' Indian heritage.

SPICED SWEET POTATO AND BANANA SALAD

Ingredients:

- 400g cooked sweet potato, in cubes
- 4 very ripe bananas
- 60ml lemon juice
- 2 tbsp vegetable oil
- 2 tsp curry powder
- 2 cloves crushed garlic
- 125ml mayonnaise
- 2 tbsp chopped spring onions
- A handful of chopped coriander

1. Slice the bananas and add lemon juice to them.
2. Heat the oil in a saucepan and fry the curry powder and garlic for two or three minutes over a medium heat.
3. Let this cool, then mix it with the mayonnaise to form a dressing.
4. Combine the banana and sweet potato, and fold in the dressing and onions.
Serve with coriander.



FIJI SUNSHINE MOCKTAIL

Ingredients:

- Passion fruit juice
- Pineapple-mango juice (or just mango juice)
- Orange (preferably freshly squeezed)
- Lime juice
- Starfruit or passion fruit
- Pineapple
- Banana (ripe)

Mix and match the following juices and fruits to taste and put them into a blender or smoothie maker. Drink through a paper straw and imagine you are on a sunny beach in Fiji.



BANANA AND COCONUT DISCS

Ingredients:

- 1 ripe banana
- $\frac{3}{4}$ cup desiccated coconut

Preheat the oven to 200C.

1. Grease a baking tray.
2. Mash the banana.
3. Mix in the coconut.
4. Shape into discs and put them on the baking tray.
5. Cook in the oven for 25 minutes.



BANANA AND COCONUT MUFFINS

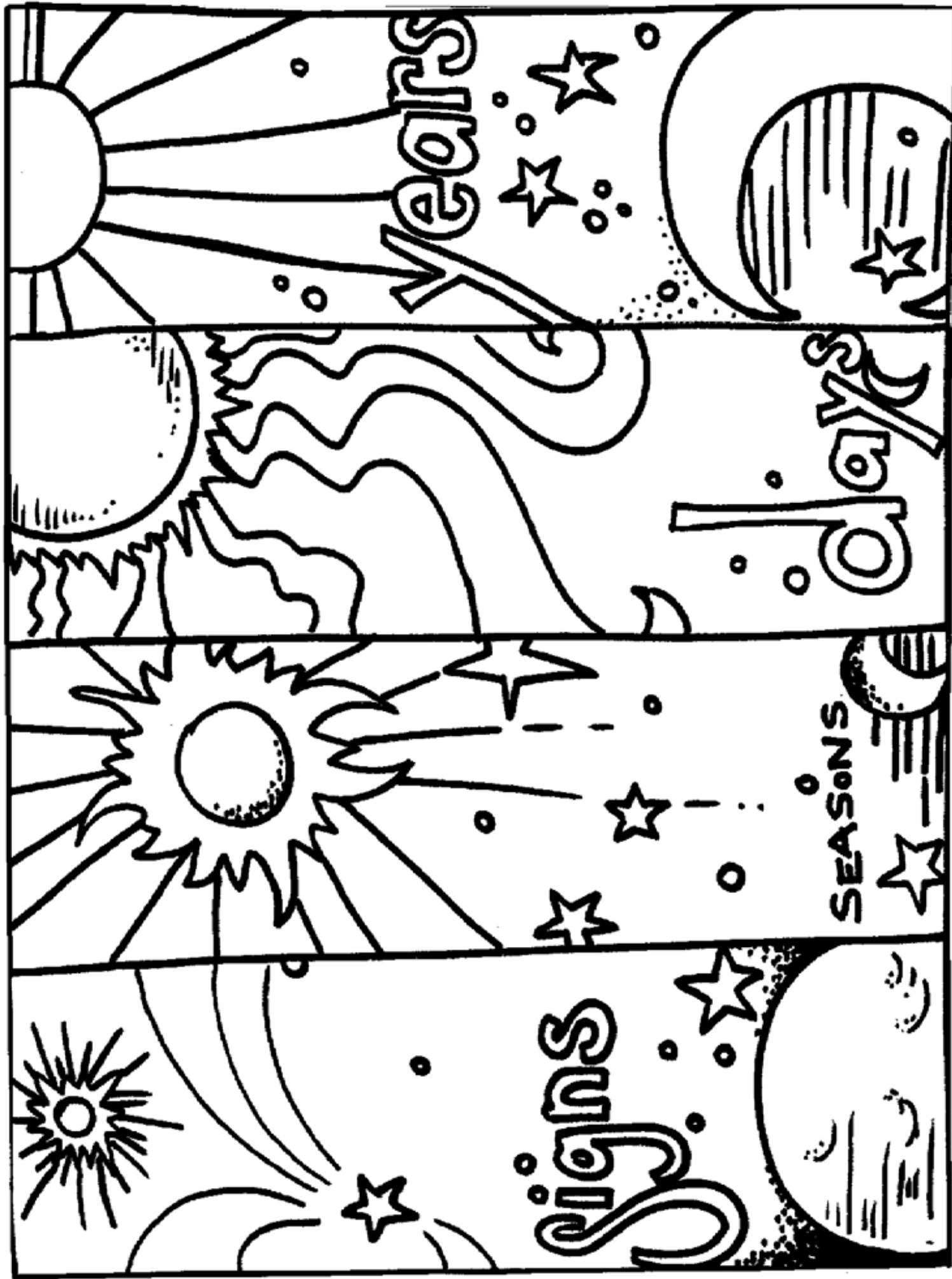
Ingredients:

- 250g plain flour
- 1 tbsp baking powder
- $\frac{1}{2}$ tsp cinnamon or nutmeg
- 100g caster sugar
- 75g desiccated coconut
- 4 small, really ripe bananas
- 175 ml milk
- 1 medium egg
- 100g melted butter
- 1 tsp vanilla extract
- Pinch of salt

Heat the oven to 200C, fan 180 or gas mark 6.

1. Line a deep muffin tray with paper muffin cases.
2. Sift the flour, baking powder, cinnamon or nutmeg, and salt into a bowl.
3. Add the sugar and 50g of the coconut.
4. Mash three of the bananas well, and add them to the bowl.
5. In a separate small bowl, whisk together the milk, egg, melted butter and vanilla. Then, add it to the flour mix and stir gently.
6. Divide the mixture between the muffin cases.
7. Slice the other banana and put one slice on the top of each muffin. Sprinkle the muffins with the remaining coconut and bake for 20-25 minutes.
8. Put the muffin tray in a cake tin and cook for a further 30 minutes at 160C.

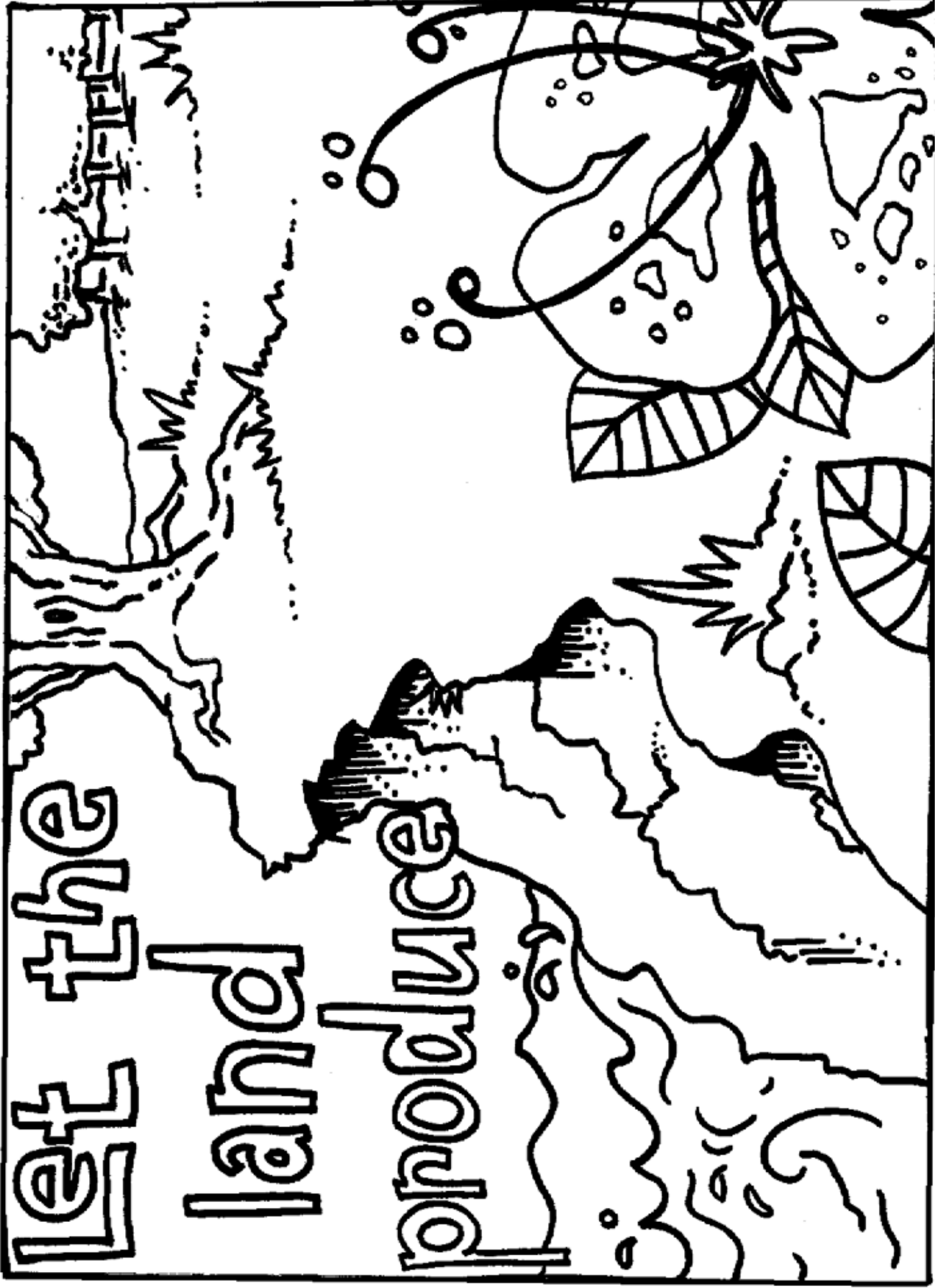




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