

WHOLE WHEAT BANANA MUFFINS

INGREDIENTS

2 cups whole wheat flour
1/2 cup sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
3 - 4 ripe bananas, mashed well
1/4 - 1/2 cup plain yogurt (start with 1/4 cup and add more after mixing the wet and dry ingredients together if the dough seems too stiff.)
2 eggs, beaten
6 tablespoons butter, melted and cooled
1 teaspoon vanilla

optional garnishes:
2 cups toasted walnuts or pecans
1/2 - 1 cup dark chocolate chips or dried fruit

METHOD

Preheat oven to 350°. Grease muffin tins or line with baking cups.

Combine flour, sugar, baking soda, salt and cinnamon in a large bowl and set aside.

Mix together mashed bananas, yogurt, eggs, butter and vanilla in a smaller bowl. Add wet ingredients to dry and mix to combine. Add chocolate, nuts and/or dried fruit and mix together.

Fill muffin cups 3/4 full and bake for 15 to 20 minutes, or until a knife inserted comes out clean.