

BANANA MUFFINS

It seems I've had this recipe forever! It's quick, easy to make and a great way to use up ripe bananas. A family favorite for us.

Makes 12 muffins or 24 minis

Ingredients

- 1 egg
- 4 ounces organic cane sugar
- 2 or 3 ripe bananas, mashed
- 1 teaspoon baking soda
- ¼ cup oil
- 2 ounces milk
- 1 ½ teaspoons apple cider vinegar
- 1 ½ teaspoons baking powder
- 12 ounces whole wheat flour

Optional ½ cup chopped nuts
or ½ cup chocolate chips



Directions

Preheat oven to 400 degrees F

Coat the muffin tin with non-stick cooking spray. In a large bowl beat the egg and sugar together until thoroughly combined. Add mashed bananas, baking soda and oil. Stir well. In a separate bowl add milk, vinegar and baking powder, stir and it will foam up. Let stand for about 5 minutes. Fold the milky foam into the egg/banana mixture. If using nuts or chocolate chips mix it with the flour.

Add flour and combine gently, making sure the flour is all incorporated but don't over mix. Bake for 20 minutes. Cool before removing from muffin tin.

Nutritional Information for 1 regular size muffin

140 calories, 2.9 grams total fat, 0.2 grams saturated fat, 2.6 grams protein, 110 mg sodium, 15 mg cholesterol, 32 grams carbohydrates, 2 grams fiber