

Whole Wheat Banana Muffins

Thank you to Laura Gaffney, my intern from University of Northwestern-St. Paul, for this awesome recipe! Simple and tasty, these wholesome muffins make the perfect portable breakfast or snack. The Greek yogurt allows for a slight reduction in fat, while adding a punch of protein.

Makes: 16 muffins Prep Time: 15 minutes Cook Time: 15-20 minutes

Ingredients:

2 cups whole-wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
4 large ripe bananas
1 cup packed brown sugar
1/4 cup vegetable oil
1 large egg
1/2 cup plain Greek yogurt
2 teaspoons pure vanilla extract
3/4 cup walnut halves, toasted and coarsely chopped (optional)
Turbinado cane sugar for sprinkling on muffins before baking

Directions:

1. Preheat oven to 350 degrees F. Line a muffin pan with liners and set aside.
2. In a medium bowl, stir together flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a large bowl, peel the bananas and mash with a fork. Add brown sugar, oil, egg, yogurt, vanilla extract. Stir well until combined. Slowly stir in the dry ingredients. Mix until just combined. Fold in walnuts if desired.
4. Fill muffin liners 3/4 full. If desired, sprinkle with cane sugar. Bake until toothpick inserted in center comes out clean, about 15-20 minutes depending on size. Transfer to wire rack to cool.

Store, covered, at room temperature.

Adapted from recipe available at www.twopeasandtheirpod.com

