

Banana Walnut

MUFFINS

Ingredients:

- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 eggs (or substitute 2 Tbsp ground flax + 6 Tbsp water)
- ⅓ cup oil
- ¾ cup brown sugar
- 1 cup mashed ripe banana (2-3 bananas)
- ⅓ cup milk
- ⅓ cup chopped walnuts
- ⅓ cup mini chocolate chips

Directions:

1. Pre-heat oven to 350°. In a small bowl, mix together flour, salt, baking soda and cinnamon.
2. In a large bowl, mix together the oil, eggs (or flax eggs), mashed banana, milk and brown sugar until well combined.
3. Add the dry ingredients from the small bowl into the large wet ingredient bowl. Stir until just combined.
4. Fold the chopped walnuts and mini chocolate chips into the batter.
5. Prepare muffin pan by greasing or lining with muffin cups.
6. Fill each muffin cup two-thirds full with batter.
7. Bake at 350° for 24-28 minutes, until toothpick comes out clean.
8. Allow muffins to cool for a few minutes before transferring to a cooling rack.
9. ENJOY!