

Banana Nut Muffins

Freeze the extra, and defrost for an easy breakfast or snack! **Note:** The batter is supposed to be lumpy. Over mixing your batter will result in tough, dry muffins.

<u>U.S.</u>		<u>Metric</u>
1 cup	All Purpose Flour	120 g
1 cup	Whole Wheat Flour	113 g
1/2 tsp	Salt	3 g
1 tsp	Baking Powder	4 g
1/2 tsp	Cinnamon, ground	1.2 g
1/4 tsp	Nutmeg, ground	0.8 g
2 each	Banana, overripe	2 each
1/2 tsp	Vanilla	2 mL
1/2 cup	Canola Oil	120 mL
1/3 cup	Maple Syrup	104 g
1/3 cup	Milk, 1%	80 mL
1 each	Egg	1 each
1/2 cup	Pecans, chopped	56 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Line or grease muffin tins.
4. In a large bowl, whisk together flours, salt, baking powder, and spices.
5. In a **separate** bowl, mash banana. Add egg, vanilla, oil, syrup, and milk, and whisk together.
6. Add dry ingredients to the wet. Use a rubber spatula to mix together until just combined. **Do not over-mix.** The batter should be lumpy, you want to mix until the dry ingredients are just barely incorporated.
7. Gently fold in pecans.
8. Scoop batter into pans, 3/4 full. Bake 15-20 minutes or until golden brown.

****Nutrition Facts on Reverse**

Nutrition Facts

Serving size **1 muffin**

Servings **12**

Calories 240

Calories from Fat 120

Total Fat 13 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 6 g

Cholesterol 15 mg

Sodium 150 mg

Carbohydrates 27 g

Dietary Fiber 2 g

Sugars 9 g

Protein 4 g

Vitamin A 2 %

Calcium 2 %

Vitamin C 4 %

Iron 4 %

Phosphorus 44 mg
