



Banana Nut Muffin (Large Font)

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>
1/2 cup	All Purpose Flour	60 g
1/2 cup	Whole Wheat Flour	56.5 g
1/4 tsp	Salt	1.5 g
1/2 tsp	Baking Powder	2 g
1/4 tsp	Cinnamon, ground	0.6 g
1/8 tsp	Nutmeg, ground	0.4 g
1 each	Banana, overripe	1 each
1/4 tsp	Vanilla	1.5 mL
1/4 cup	Canola Oil	60 mL
1/4 cup	Maple Syrup	78 g
1/4 cup	Milk, 1%	60 mL
1 each	Egg, large	1 each
1/4 cup	Pecans, chopped	28 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Line or grease 6 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

6 Servings

Serving size **1 muffin**

Amount per serving

Calories **250**

Calories from Fat 120

Total Fat 14 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated 8 g

Cholesterol 30 mg

Sodium 140 mg

Total Carbohydrate 30 g

 Dietary Fiber 2 g

 Total Sugars 11 g

 Includes 8g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 6 %

Iron 4 %

Potassium 192 mg

Phosphorus 63 mg
