

Breakfast Banana Muffins

Adapted from allrecipes.com

Makes 24 mini muffins

- 1 cup white flour
 - 1 cup whole wheat flour
 - 2 tablespoons baking powder
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 2/3 cup oatmeal
 - 2 mashed ripe bananas
 - 1/2 cup white sugar
 - 1 teaspoon vanilla extract
 - 2 eggs
 - 1/2 cup plain yogurt
1. Preheat oven to 350 degrees F. Grease muffin cups or line with paper muffin liners.
 2. Mix together flours, baking powder, baking soda, salt, and oatmeal.
 3. In a separate bowl, beat together banana, sugar, egg and vanilla. Stir in the yogurt. Stir banana mixture into flour until just combined. Scoop batter into prepared muffin cups.
 4. Bake in preheated oven for 12 to 15 minutes, or until a toothpick inserted into center of a muffin comes out clean. Let cool before serving. For best flavor, place in an airtight container or bag overnight.

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