

Healthy Banana Muffins

Adapted by Amy Goldfine @amyfinallyjoinedinsta from AuntBeepBeep

Ingredients	Tools
<ul style="list-style-type: none">• 1 C whole wheat flour (best with whole wheat pastry flour)• 1 T baking powder• ½ tsp baking soda• ⅛ tsp salt• 2 T ground or milled flaxseed• ⅛ tsp ground cloves• ¼ tsp ground nutmeg • 2 large overripe bananas• ¼ C granulated sugar• ½ C unsweetened applesauce• 1 egg• 1 tsp vanilla extract • ⅔ C fresh or frozen cranberries or blueberries • Muffin liners or Pam for Baking	<ul style="list-style-type: none">• 2 mixing bowls• Whisk• Rubber spatula• Measuring spoons and cups• Sifter (optional)• Fork• Food processor• 12 cup muffin tin• Toothpick or tester

1. Preheat oven to 350 degrees
2. Line a 12-cup muffin tin with liners, or spray with Pam for Baking
3. Whisk together dry ingredients in a bowl
4. Use fork to mash banana in another bowl
5. Add the rest of the wet ingredients (except the berries) to the banana and stir to combine
6. Add dry ingredients to wet and stir until just combined
7. Pulse berries in food processor, and stir into batter
8. Divide evenly among muffin tins and bake for 20-22 minutes, until toothpick comes out dry

Note: Whole wheat pastry flour is finer than regular whole wheat flour and has less of a grainy texture. I buy the Bob's Red Mill brand - your store may have a Bob's Red Mill section of the store, or you can buy online if you can't find in store. Regular whole wheat flour is fine though!

To make peanut butter banana muffins, omit the berries. Double the salt. Mix 2/3 C (80g) PB2/PBfit + 2/3 C unsweetened plain almond milk in a small bowl and add to the wet ingredients. You may want to spray your liners because the dough is very sticky.