

# Banana Wheat Germ Muffins

yield: 12 muffins

## Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup wheat germ
- ½ cup brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup mashed ripe banana (about 2)
- ½ cup buttermilk (or ½ cup milk + ½ tsp vinegar)
- ¼ cup vegetable oil
- 2 eggs, beaten
- ½ cup chopped nuts or pumpkin seeds (optional)



## Method:

Preheat oven to 375° F.

Combine flour, wheat germ, brown sugar, baking powder, baking soda, and salt.

In another bowl, combine banana, buttermilk, vegetable oil and eggs.

Add to dry ingredients and stir until just combined. Fold in nuts if using.

Spoon into lined muffin tins and bake 20-25 minutes.

**Enjoy!**

