



## Banana Muffins

**Yield: 18 Muffins**

**Cost Per Serving: N/A**

**Cook Time: 10 minutes – 1 hour**

### Ingredients:

- ½ cup Vegetable oil
- ½ cup Sugar blend\*
- 2 Eggs, beaten (or ½ cup egg substitute)
- 3 Bananas, mashed
- 1 ½ cups Flour, whole wheat white
- 1 tsp Baking Soda
- ½ tsp Baking Powder
- ½ tsp Salt
- ½ tsp Vanilla
- ½ cup Chopped Nuts, optional
- 3 Tbsp milk
- 1 Tbsp Flaxseed, ground

\*check sugar to sugar blend ratio

### Directions:

1. Soak flaxseed in milk and let sit while mixing other ingredients in order. Add flaxseed and milk to other ingredients. If dry you can add additional milk.
2. Spray pan and bake at 350°F.
3. Loaf pan bake for approximately 1 hour
4. Muffin pan bake for approximately 20 minutes
5. Mini muffin pan bake for approximately 10-15 minutes

Recipe adapted from: Original Lifestyle Coaching recipe