



# Maple-Sweetened Banana Muffins

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*Recipe Source: Cookie and Kate*

*Makes: 12 muffins*

## **Wet Ingredients:**

- 1/3 cup extra virgin olive oil or melted coconut oil
- 1/2 cup maple syrup or honey
- 2 eggs at room temperature
- 1 cup mashed ripe bananas
- 1/4 cup of low fat milk or unsweetened almond milk
- 1 teaspoon vanilla extract

## **Dry Ingredients:**

- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 3/4 cups whole wheat flour
- 1/3 cup old-fashioned oats, plus more for sprinkling on top

## **Steps:**

- Preheat oven to 325 degrees. Grease all 12 cups of your muffin tin (if necessary).
- In a large bowl, whisk the coconut oil and maple syrup together.
- Add eggs and beat well.
- Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
- Add the flour and oats to the bowl and mix with a large spoon, just until combined (if you would like to add dried fruits or nuts, do so now).
- Divide the batter evenly between the muffin cups, filling each about two-thirds full, followed by a light sprinkling of sugar (about 1 teaspoon).
- Bake muffins for 22-25 minutes, or until toothpick inserted into muffin comes out clean.

**Nutrition (per serving):** Calories: 208, Total Fat: 7.6 grams, Saturated Fat: 1 gram (7.1 grams if coconut oil is added), Sodium: 219 mg, Carbohydrate: 33 grams, Dietary Fiber: 3.4 grams, Sugars: 12.6 grams.