



Whole Grain Peanut Butter and Honey Banana Muffins

Recipe Source: www.melskitchencafe.com

Yields: 12-16 Muffins

Ingredients:

2 cups (10 oz) white whole wheat flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
¼ tsp ground nutmeg or cinnamon
1 ½ cup mashed bananas (about 3 large)
1/3 cup honey
¼ cup coconut oil, melted, or canola oil
1 large egg
1 tsp vanilla extract
½ cup creamy peanut butter
1/3 cup low-fat milk or almond milk

Steps:

- Preheat the oven to 350°F. Line a standard 12-cup muffin tin with paper liners or use non-stick cooking spray. (This batch makes about 16 muffins so you will need part of another tin or bake in two batches.)
- In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and nutmeg (or cinnamon).
- In a large bowl, whisk together the mashed bananas, honey, oil, egg, vanilla, peanut butter, and milk. Mix until well combined.
- Add the dry ingredients to the wet mixture and stir just until combined. Do not overmix or muffins will be tough. (It's okay if it's a little lumpy as long as there aren't large clumps of flour.)
- Scoop the batter into the muffin liners, using a scant ¼ cup of batter for each muffin cup.
- Bake 17-18 minutes, just until the top springs back lightly to the touch. Be careful not to overbake.
- Remove the muffins from the tin and cool completely on a wire rack. Once cool, these muffins will keep for a couple of days if well-covered at room temperature.

Tips from the Test Kitchen: To avoid hydrogenated oils, use a natural peanut butter. Look for one that doesn't have any added sugar.



Nutritional Facts (per serving): Calories: 157, Carbohydrates: 17 grams, Protein: 3 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 14 mg, Sodium: 134 mg, Fiber: 1 gram, Total Sugars: 11 grams.