RECIPE

Whole-Grain Banana Muffins

Whole wheat banana muffins for breakfast, sweetened mostly by four ripe bananas with just three tablespoons of brown sugar for the dozen, and made with olive oil and walnuts.

MAKES

12 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 2 cups mashed very ripe bananas (about 4 medium)
- [ ] 2 cups whole wheat flour
- [ ] ½ tsp baking soda
- [ ] ½ tsp baking powder
- [ ] 1 tsp ground cinnamon
- [ ] ¼ tsp salt
- [ ] ¼ cup olive oil
- [ ] 2 large eggs
- [ ] ⅓ cup plain skim-milk yogurt
- [ ] 3 tbsp packed brown sugar
- [ ] 1 tsp vanilla extract
- [ ] ⅓ cup chopped walnuts
- [ ] 12 paper muffin liners, sprayed lightly with oil

Method

1. Heat the oven to 375 °F. Set 12 paper liners in a muffin tin and spray the insides lightly with oil.
2. Whisk the flour, baking soda, baking powder, cinnamon and salt in a medium bowl.
3. Mash the bananas in a large bowl until nearly smooth. Whisk in the oil, eggs, yogurt, brown sugar and vanilla.
4. Tip the dry mix into the wet and fold with a spatula, just until no dry flour shows. Fold in the walnuts. The batter is thick; do not beat it.
5. Divide the batter among the 12 liners, filling each about three-quarters full.

6 Bake 22 to 26 minutes, until the tops spring back when pressed and a toothpick in the center comes out with only a few moist crumbs.

7 Cool 5 minutes in the pan, then lift the muffins out onto a rack. Cool no more than 2 hours before storing.