

BANANA NUT MUFFINS

Makes 12 muffins

INGREDIENTS
Original Recipe

2 cups all purpose flour
 1 tsp baking soda
 1 tsp salt
 ½ cup (1 stick) butter
 1 cup granulated sugar
 3 ripe bananas
 3 Tbsp milk
 2 large eggs
 1 cup chopped nuts (optional)

Whole Grain Recipe

1 ¾ cups whole wheat flour
 ½ cup wheat germ
 1 tsp baking soda
 ½ tsp salt
 1/3 cup olive oil
 ½ cup granulated sugar
 3 ripe bananas
 3 Tbsp skim or 1% milk
 2 large eggs
 1 cup chopped nuts (optional)

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Spray muffin tins (or 9 inch loaf pan) with cooking spray.
3. Combine flour, wheat germ, baking soda and salt in small bowl. Beat oil, sugar, bananas, milk and eggs in large mixer bowl for 30 seconds. Gradually stir in flour mixture. Stir in nuts, if desired. Spoon into tins (or pour into loaf pan).
4. Cook for the following times: mini muffins 12-15 minutes; muffins 20-25 minutes; or loaf 65-70 minutes.

NUTRITION NOTES

Modifications:

- Refined flour is replaced with whole wheat flour.
- Salt is reduced by 1/2.
- Butter (saturated fat) is replaced with olive oil (monounsaturated fat).
- Sugar is reduced by ½.

Serving = 1 muffin

Calories	260
Fat	14 g
Saturated Fat	1.5 g
Protein	6 g
Carbohydrate	32 g
Fiber	4 g

For a complete meal, enjoy muffin with sliced or whole fruit and skim/1% milk or low fat/fat free plain yogurt.