

Banana-Berry Whole Wheat Muffins

Makes about 12 muffins



2 1/2 c whole wheat pastry flour

2 t. baking powder

1/4 t. baking soda

1/4 t. salt

6 T of coconut oil, melted and cooled

1 c. mashed/puree of fruit--today I used about 3/4 c. banana + 1/4 c. applesauce, put other ideas--pumpkin, sweet potato, zucchini

1/2 cup maple syrup

1 egg, slightly beaten

1/2 cup plain, low-fat yogurt (you could also use 1/2 c. buttermilk)

1 c. frozen berries, if desired (I used a mix of raspberries and blueberries)

Preheat the oven to 350 degrees. Butter/grease muffin tins.

Mix dry ingredients in a large mixing bowl--flour through salt. In a small bowl combine coconut oil, banana puree, syrup, egg and yogurt or buttermilk. Pour the wet ingredients into the dry and stir until just incorporated. Add berries if using. Scoop into muffin tins. Bake for 20-25 minutes, or until top are firm and golden brown. Makes 12 good sized muffins.