

Whole Wheat Banana Nut Muffins

(submitted by Laura Stelly)

1/4 cup ground flax seed

1 ½ cup minus 1 tbsp whole wheat flour

1/4 cup brown sugar

½ cup sugar (or splenda)

1 tsp baking powder

½ tsp baking soda

1/4 tsp salt

mix in a large bowl

stir in ...

1/3 cup mini chocolate chips

1/4 cup chopped walnuts

Combine in a separate bowl ...

2 eggs beaten

1/4 cup applesauce, unsweetened

4 tsp melted butter

3 large bananas, mashed (the riper the better)

1 ½ tsp vanilla

With a wooden spoon, or rubber spatula, carefully fold in the banana mix into the dry ingredients just until combined. Batter will be thick and chunky, over mixing will produce a dense rubbery muffin. Spoon into muffin tins (paper/foil lined or sprayed).

Bake 20 minutes or until toothpick comes out clean. Cool on a wire rack 5 minutes before removing muffins from tin.

Enjoy, these freeze well. Easy to double recipe as well.