



BANANA MUFFINS

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Prep time: 15 mins | Cook time: 25 mins | Yield: 12 servings

DESCRIPTION

These banana muffins are not only nutrient packed, but also delicious! Made with whole wheat flour and bananas, these muffins have the perfect chewiness and natural sweetness to them. Enjoy them as a snack or for a quick breakfast on the go.

INGREDIENTS

- 1 3/4 cup whole wheat flour
 - 4 bananas
 - 1/3 cup maple syrup
 - 1/3 cup olive oil
 - 2 tsp cinnamon
 - 1 tsp baking powder
 - 1/2 tsp baking soda
 - Pinch of salt
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INSTRUCTIONS

1. Preheat oven to 350°F
2. In a large bowl, mix together all ingredients until well combined
3. Scoop out batter into a muffin pan lined with cupcake liners
4. Bake muffins for 25 minutes or until you can stick a toothpick in the center of a muffin and it comes out clean



DID YOU MAKE THIS RECIPE?

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