

## Banana Muffins

Dry Mixture: 2 cups whole wheat pastry flour

1/4 c flax meal

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 tsp cinnamon

1 tsp nutmeg

1 tsp vanilla

chocolate chips, nuts, cranberries (optional)

Egg mixture:

1 stick of softened butter, whipped or (1/4c+1 Tbsp oil)

Add 1-1/4 c sugar

Add 2 eggs

Add vanilla

Banana Mixture

3 bananas – mash thoroughly

1/2 c sour cream

Combine 1/3 of 3 mixture and repeat.

Bake at 350 degrees F for 20 mins in large muffin cups.

Small muffin cups 350 for 12 mins

In a loaf pan, bake at 350 for 1:15 or until done.



*Shared by: Virginia Ng, RWW volunteer*