

WHOLE WHEAT BANANA MUFFINS

Jenny Osterhus

INGREDIENTS

- 2 ¼ cups whole wheat flour
- 1 tsp baking soda
- ½ tsp salt
- 2 eggs
- 3-4 mashed bananas
- ¼ cup coconut oil
- ½ cup honey
- 1 tsp lemon juice
- 1 tsp vanilla
- 1 cup chopped walnuts (optional)



PREP: 10 MINUTES COOK: 16-20 MINUTES SERVINGS: 12-16

DIRECTIONS

- Combine dry ingredients.
- In a separate bowl, mash bananas, then whisk in eggs.
- Stir in coconut oil, honey, lemon juice, and vanilla.
- Fold into dry ingredients, mix only till incorporated.
- Stir in walnuts (optional).
- Scoop into muffin tins, bake at 400 for 16-20 minutes.
- Enjoy!