

# Banana Muffins

**Yield: 10 servings**

## Ingredients

- ½ cup water
- 2 tablespoons ground flaxseed
- ¼ cup olive oil
- ¼ cup maple syrup
- 1 cup (about 3 medium) very ripe bananas, mashed
- ½ cup almond milk, plain, unsweetened
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1¾ cups whole-wheat flour
- 1 teaspoon baking soda
- ¼ cup chocolate chips, optional
- ¼ cup pecans, chopped, optional

## Instructions

1. Preheat oven to 350 degrees.
2. Spray a muffin tin with nonstick cooking spray.
3. In a large bowl, whisk together the water and flaxseed. Let sit 5 minutes to thicken.
4. Meanwhile, mash bananas in a small bowl.
5. Whisk into the medium bowl: oil, maple syrup, bananas, milk, vanilla, salt and cinnamon.
6. Add flour and baking soda and whisk until just combined.
7. Add optional chocolate chips and pecans.
8. Scoop batter into muffin tins, each one about ¾ full.
9. Bake for about 18 minutes, or until a toothpick inserted into the center comes out clean.
10. Let the muffins cool in the pan for 10 minutes before removing.

## Nutrition Information

**Serving Size: 1 muffin (79 g)**

Calories: 201  
Total Fat: 7.9 g  
Saturated Fat: 1.7 g  
Monounsaturated Fat: 1.2 g  
Sodium: 230 mg  
Total Carbohydrate: 31.9 g  
Dietary Fiber: 4.5 g  
Sugars: 11.6 g  
Protein: 3.9 g

Source: Kathryn Taylor, Cookie and Kate

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