

# Banana Nut Muffins

**Yield: 12 muffins**

## Ingredients

1 cup all-purpose flour  
 1 cup whole wheat flour  
 ½ teaspoon kosher salt  
 1 teaspoon baking powder  
 ½ teaspoon cinnamon; ground  
 ¼ teaspoon nutmeg; ground  
 2 each banana; overripe  
 ½ teaspoon vanilla  
 ½ cup vegetable oil  
 ⅓ cup maple syrup  
 ⅓ cup milk  
 1 each egg  
 ½ cup pecans; chopped

## Instructions

1. Preheat oven to 375 degrees then gather all ingredients and equipment needed.
  2. Line or grease a muffin tin. In a large bowl, whisk together flours, salt, baking powder, and spices.
  3. In a separate bowl, mash banana. Add egg, vanilla, oil, syrup, and milk, and whisk together.
  4. Add dry ingredients to the wet. Use a rubber spatula to mix together until just combined. Do not over mix the batter. The batter will be lumpy.
  5. Gently fold in the pecans.
  6. Scoop batter into pans, ¾ full.
- Bake 15 to 20 minutes or until golden brown.

## Nutrition Information

**Serving Size: 1 muffin**

Calories: 240  
 Total Fat: 13.0 g  
 Saturated Fat: 1.0 g  
 Monounsaturated Fat: 6.0 g  
 Sodium: 150.0 mg  
 Total Carbohydrate: 27.0 g  
 Dietary Fiber: 2.0 g  
 Sugars: 8.0 g  
 Protein: 4.0g

Source: Goldring Center for Culinary Medicine

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