

# Whole Wheat Banana Muffins

**Makes:** 12 Servings

Use whole wheat flour to make these muffins. This will help you make half your grains whole grain.

## Ingredients

nonstick cooking spray

1 egg

**3/4 cup** brown sugar

**1 1/3 cups** banana (mashed, about 2 medium bananas)

**1/3 cup** vegetable oil

**1 teaspoon** vanilla extract

**1 cup** white flour

**3/4 cup** whole wheat flour

**2 teaspoons** baking powder

**1/2 teaspoon** baking soda

**1/4 teaspoon** salt

**1 teaspoon** cinnamon

## Directions

1. Preheat oven to 375 degrees F. Coat a muffin pan with cooking spray or line with paper cupcake/muffin cups.
2. In a large bowl, mix together egg, brown sugar, banana, vegetable oil, and vanilla until combined.
3. Stir in white flour, whole wheat flour, baking powder, baking soda, salt, and cinnamon just until combined (batter

will be lumpy).

4. Spoon batter into muffin cups.

5. Bake for 15 to 20 minutes or until muffins are browned and toothpick or fork inserted into the center comes out clean.

**Source:** Recipe adapted from Food.com