

Sobeys

Dietitians

Banana Crunch Muffins

Makes 16 muffins

Ingredients:

½ cup	125 ml	Skim milk
1½ tsp	7 ml	Vinegar
¾ cup	175 ml	Brown sugar, packed
1 tbsp	15 ml	Margarine, non-hydrogenated
1 cup	250 ml	Bananas, ripe, mashed
2 large		Eggs
½ cup	125 ml	All purpose flour
1½ cups	375 ml	Whole wheat flour
⅓ cup	75 ml	Millet, raw, rinsed
1 tsp	5 ml	Baking powder
1 tsp	5 ml	Baking soda

Directions:

1. Pre-heat oven to 350°F. Prepare muffin tins by lightly spraying with oil or using muffin liners. Set aside.
2. Mix milk and vinegar together and set aside.
3. Mix sugar, margarine, bananas and eggs in a separate bowl.
4. Combine all dry ingredients in a large bowl.
5. Alternate adding vinegar mixture and banana mixture to the dry ingredients. Do not over mix.
6. Divide batter into muffin pans using a ¼ cup measure. Bake for 25-30 minutes.

Nutrition Information per Serving:

Calories	141
Fat	2 grams
Carbohydrate	28 grams
Fibre	2 grams
Protein	4 grams
Sodium	122 milligrams

Tip: Freeze extra muffins and have as part of a quick breakfast.

Source: Sobeys Dietitians