



early childhood community development centre

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## Banana Muffins

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*Ingredients - Makes 24 muffins*

- 1/3 cup margarine (non-hydrogenated), melted
- 3 eggs
- 2 cups mashed ripe bananas (~4 medium bananas)
- 1-1/2 cups buttermilk or sour milk (add 1 Tbsp lemon juice or vinegar to milk to sour it)
- 2 tsp. vanilla
- 2 cups whole-wheat flour
- 2 cups all purpose flour
- 1 cup sugar
- 4 tsp. baking powder
- 2 tsp. baking soda
- 1 tsp. salt

*Directions*

1. Preheat oven to 375 F (190 C).
2. In a large bowl, blend together melted margarine, eggs, bananas, sour milk and vanilla.
3. In a separate bowl, combine whole-wheat flour, all purpose flour, sugar, baking powder, baking soda, and salt. Make a well in the centre of dry ingredients and pour in banana mixture. Gently fold together until just combine.
4. Spoon into lightly greased or paper-lined muffin cups.
5. Bake for 15 to 25 minutes or until firm to the touch.

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