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Banana Blueberry Muffins

This recipe comes together in minutes and makes a great snack for both kids and adults. White whole wheat flour is a whole grain flour made from albino whole wheat, which is a little less dense than true whole wheat flour, creating a lighter muffin.

Ingredients:

3 large ripe bananas
1/2 cup sugar
1 egg, slightly beaten
1/3 cup canola oil
1 cup blueberries
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cups white whole wheat flour

Directions

1. Mash bananas in a large mixing bowl. Add sugar and egg. Add oil and blueberries.
2. Combine dry ingredients in a separate bowl. Gently stir dry ingredients into banana mixture. Pour into 12 lined muffin cups. Bake at 375 degrees for 20 minutes.

Makes 12 muffins.

Nutrition Information:

Calories: 178 Total Fat: 6.8 g Saturated Fat: 0.6 g Sodium: 207 mg
Total Carbohydrate: 28.6 Fiber: 2.7 g Protein: 2.9 g