

SIMPLE BANANA MUFFINS

Ingredients

1 1/2 cups flour (half whole wheat and half all purpose is great too)
1 1/2 tsp baking powder
1/4 tsp baking soda
1/4 tsp cinnamon
1/8 tsp salt
1 egg
2 very ripe bananas
1/2 cup brown sugar
1/3 cup melted butter, coconut oil or applesauce

Optional EXTRAS, use NONE, SOME or ALL if you want and play around with the amounts.

2 tbsp chia seeds
2 tbsp flax seeds
1/4 cup coconut
1/4 cup dark chocolate mini chips
2 tbsp cocoa nibs

Directions:

1. Preheat oven to 350F.
2. In a medium bowl, mix bananas, egg, oil and sugar. Blend together using a hand blender or whisk. I like the hand blender since it mashes the bananas for me.
3. In a large bowl, mix together the flour, baking powder, baking soda, cinnamon and salt. If you are adding any of the optional EXTRAS, add them to the dry ingredients. Make a well in the dry ingredients.
4. Using a rubber spatula, pour the liquid ingredients into the well of the dry ingredients and gently fold the mixture until you no longer see any dry ingredients. The batter will be thicker, make sure you don't over mix the batter or your muffins will be tough.
5. Fill muffin tins, lined with paper liners about 3/4 full.
6. Regular size muffins will bake for ~15-17 mins and mini muffins will bake for ~ 8 mins.