

Whole Wheat Banana Nut Muffins

Delicious! You'll never know they're healthy!

Submitted by: Karleen B

Ingredients:

Wet -

½ cup canola oil

½ cup honey

2 eggs

3 ripe bananas, mashed

1 teaspoon Goodman's Vanilla

½ teaspoon Goodman's Banana

Dry -

1 cup whole wheat flour

½ cup wheat germ

1 cup regular oatmeal

½ teaspoon salt

1 teaspoon baking powder (slightly heaping)

½ teaspoon baking soda (slightly heaping)

½ cup chopped nuts

Quantity: 12 muffins

Preparation:

Mix all wet ingredients in a bowl (first 6 ingredients.) Mix all dry ingredients in a separate bowl.

Combine wet and dry ingredients and gently stir until combined. Grease muffin tins. Pour batter into muffin tins. Bake 15 to 18 minutes at 375 degrees.