



Banana Muffins

INGREDIENTS

1 cup canola oil
1 cup sugar
3 eggs
1/2 cup buttermilk
2 cups bananas, mashed
1 teaspoon vanilla

1 1/2 cups flour, regular
1 1/2 cups whole wheat flour
1 teaspoon baking soda
1 teaspoon salt

1 + 1/2 cups walnuts, coarsely chopped, divided
1/8 cup honey

DIRECTIONS

- Preheat oven to 375 degrees F. Grease muffin pans. (Recipe will make 18 medium muffins.) Mix oil and sugar together in a large mixing bowl. Add eggs one at a time, mixing well after each addition. Blend in buttermilk, banana and vanilla
- Sift flours, soda, and salt together; add to wet mixture. Stir in 1 cup of coarsely chopped walnuts.
- Mix 1/2 cup coarsely chopped walnuts and honey.

- Pour batter into prepared pans. Place walnuts with honey on top of the batter. Bake about 30 to 35 minutes at 375 degrees.
- Cool about 10 minutes, then remove from pans and cool on wire racks.

To lower sodium, reduce salt to 1/2 teaspoon.

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