



Banana Muffins

INGREDIENTS

1 cup canola oil
3 eggs
1 cup sugar
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

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

DIRECTIONS

- Preheat oven to 350 degrees F. Grease and flour loaf pans, or prepare muffin pans. (Recipe will make 2 large loafs, 3 medium loafs, 15-18 large muffins.) Cream shortening, oil and sugar together in a large mixing bowl. Add egges one at a time, beating well after each addition. Blend in banana and vanilla

- Sift flours, soda, and salt together; add to creamed mixture alternately with buttermilk, beginning and ending with flour 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 minutes for large muffins, 45 minutes for medium loaf.
- Cool about 10 minutes, then remove from pans and cool on wire racks.

Recipe derived from Martha White's Southern Sampler Banana Cake recipe.

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

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