



Easy Banana Muffins

Prep time: 10 minutes

Bake time: 25 minutes

Yield: 12 muffins

Ingredients

- 4 ripe bananas
- 1/3 cup raw agave syrup (or honey)
- 1TB brown butter (see below)
- 1/4 cup melted trans-fat free non hydrogenated butter blend (I like Earth Balance)
- 1/2 cup unsweetened apple sauce
- 1 large egg
- 1 cup self-rising flour (or use 1 cup AP flour plus 1/2 teaspoon salt, 1 1/2 teaspoon baking powder)
- 3/4 cup whole wheat pastry flour
- 1/2 tsp. baking powder
- 1/2 tsp. vanilla

Directions

1. Preheat the oven to 400 degrees F. Line a 12-cup muffin tin with paper muffin liners.
2. Peel the bananas and add to a large bowl. Add the agave syrup and mash the bananas with a fork or potato masher until very liquefied but still a little lumpy.
3. Melt the butter in a small saucepan or skillet over medium heat. Cook, stirring occasionally, until the milk solids have turned a nutty golden brown. To pan, add 1/4 cup of butter blend over low heat.
4. To mashed banana mixture, add brown butter, melted butter blend and whisk to combine.
5. Add egg, applesauce and vanilla. Whisk to combine.
6. To mixture, add self-rising flour, baking powder and whole wheat pastry flour.
7. Gently fold in the dry ingredients with a rubber spatula, until just combined; do not over mix.
8. With a small ice cream scoop, evenly divide the batter among the muffin tin cups.
9. Bake in the center of the oven until golden brown and the tops spring back when pressed, about 20 - 25 minutes.
10. Cool for 10 minutes in the pan. Serve warm or at room temperature.