

## Banana Blueberry Muffins

1 cup very ripe mashed bananas  
2 egg whites  
2/3 cup brown sugar  
1/4 cup sunflower oil  
1 teaspoon vanilla extract  
1-3/4 cup whole wheat pastry flour  
1/3 cup yellow cornmeal  
1-1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon nutmeg  
1 cup frozen blueberries

### Topping:

1/4 cup whole wheat pastry flour  
1/3 cup brown sugar  
1/3 cup *Flax Complete*\*  
2 tablespoons sunflower oil

- Preheat oven to 375°. Grease 12 muffin tins.
- In a medium mixing bowl, beat together bananas, egg whites, brown sugar, oil and vanilla.
- In a separate large bowl, stir together flour, cornmeal, baking powder, baking soda, salt and nutmeg.
- Making a well in the dry mixture, add the liquid ingredients and stir just until blended.
- On the last strokes add the blueberries. Careful not to overmix.
- Divide batter evenly into muffin tins.
- Combine topping ingredients in a small bowl, mix until crumbly. Sprinkle evenly onto each muffin.
- Bake 375° 20 minutes or until toothpick comes out clean.

*\*If these Natural Ovens products are not available in your store, contact customer service.*



*Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist*