

Banana Walnut Chocolate Chip Muffins

1 cup very ripe mashed bananas
2 egg whites
2/3 cup brown sugar or sucanat
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 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup mini chocolate or carob chips
1/4 cup chopped walnuts

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 bowl, beat together bananas, egg whites, brown sugar, oil and vanilla.
- In a separate bowl, combine flour, cornmeal, baking powder, baking soda and salt.
- Making a well in the dry mixture, add the liquid ingredients and stir just until blended.
- Fold in chocolate chips and walnuts. Careful not to overmix.
- Divide batter evenly into muffin tins.
- Combine Topping ingredients until crumbly-sprinkle evenly onto each muffin.
- Bake 375° for 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