

Banana Super Seed Muffins

Prep: 15 min Cook: 23 min Total: 45 min Servings: 8

Calories: 150 Fat: 6g Protein: 3g Carbs: 23g Fiber: 0g

Ingredients

- 1 1/4 cups all-purpose flour or whole wheat flour
- 1/4 cup BBF Organic Super Seeds
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 3 large ripe bananas (about 1 and 1/2 cups mashed)*
- 6 Tbsp unsalted butter, melted (or melted coconut oil)
- 2/3 cup packed light or dark brown sugar (or coconut sugar)*
- 1 large egg, at room temperature
- 1 tsp pure vanilla extract
- 2 Tbsp milk of choice
- optional: 1 cup chopped walnuts, pecans, or chocolate chips

Directions

1. Preheat the oven to 425 degreesF (218 degreesC). Spray a 12-count muffin pan with nonstick spray or use cupcake liners.
2. Whisk the flour, BBF Organic Super Seeds, baking powder, baking soda, salt, cinnamon, and nutmeg together in a medium bowl. Set aside.
3. In a large bowl or in the bowl of your stand mixer, mash the bananas. On medium speed, beat or whisk in the melted butter, brown sugar, egg, vanilla extract, and milk.
4. Pour the dry ingredients into the wet ingredients, then beat or whisk until combined. If adding nuts or chocolate chips, fold them in now. Batter will be thick.
5. Spoon the batter into liners, filling them all the way to the top. Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350 degreesF. Bake for an additional 16-18 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 21-23 minutes, give or take. (For mini muffins, bake 12-14 total minutes at 350 degreesF.
6. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack

to continue cooling.

7. Muffins stay fresh covered at room temperature for a few days or in the refrigerator for up to 1 week.

8. Enjoy your Banana Super Seed Muffins!