



NUTRITION CONSULTING INC.

Big Batch Coconut Banana Muffins

This is a kid-friendly variation of the ever popular banana muffins that are great for snacks or part of a healthy breakfast with some fruit and a source of protein such as yogurt, nuts or a hard cooked egg. This makes a large batch of muffins so that you can toss some in the freezer.

Makes 30 muffins

What you need:

- 3 cups whole wheat flour
- 1 cup tightly packed light brown sugar
- 2 tbsp baking powder
- 1.5 tsp baking soda
- 1 tsp salt
- 1/2 tsp cinnamon
- 3 cups mashed ripe banana (about 7 bananas)
- 4 large eggs, lightly beaten
- 2/3 cup canola oil
- 3 tsp pure vanilla extract
- 1.5 c sweetened shredded or flaked coconut



How you prepare:

1. Preheat oven to 350°F. Grease regular muffin cups and set aside.
2. Whisk together mashed bananas, eggs, canola oil and vanilla. Add flour, sugar, baking powder, baking soda, salt, cinnamon and coconut. Stir just enough to almost moisten dry ingredients. Divide batter among muffin cups.
3. Bake for 15 to 20 minutes or until tops spring back when lightly pressed and a toothpick inserted into the centre of a muffin comes out clean.
4. Enjoy warm or cool and freeze.

Per Serving:

Calories 144, Carbohydrates 19 g, Protein 2.7 g, Fat 7 g, Dietary Fiber 2 g

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