

Vegan Banana Muffins

Ingredients:

- 3 medium bananas, extra ripe
- 5 ¾ tsp. ground flax seed
- 5 ¾ tsp. water
- ½ cup maple syrup
- ½ cup applesauce, sweetened
- 3 ½ tbsp. canola oil
- ½ tsp. vanilla extract
- 2 cups whole wheat flour
- ½ cup walnuts, chopped
- 3 ½ tsp. baking powder
- ¼ tsp. salt
- ½ tsp. cinnamon
- ¼ tsp. nutmeg



Nutrition Facts

Serving Size 1 muffin
Servings Per Container 12

Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 4g	
Vitamin A 0%	Vitamin C 4%
Calcium 6%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 350 degrees.
2. In a small bowl, combine the flax meal and hot water. Let stand 10 minutes.
3. In a medium mixing bowl, combine the remaining dry ingredients.
4. In another mixing bowl add the wet ingredients and mix well by hand or with an electric mixer. Add flax meal mixture and the dry ingredients to the wet. Mix just until combined. Do not over mix.
5. Grease muffin tins or insert paper liners into the muffin cups.
6. Spoon the batter into the cups and fill ¾ full.
7. Bake for 20 minutes or until a toothpick can be inserted and comes out clean, the tops of the muffins should be golden brown. Be careful not to over bake.