

Healthy Banana Muffins

Ingredients

- nonstick cooking spray (or use paper baking cups)
- 3/4 cup all-purpose flour, spooned and leveled
- 3/4 cup whole wheat flour, spooned and leveled
- 1/2 cup dark brown sugar, packed
- 1 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon nutmeg
- 1/2 teaspoon coarse salt
- 1 cup rolled oats
- 2/3 cup cranberries
- 3 tablespoons extra virgin olive oil
- 1 large eggs
- 1/3 cup skim milk
- 3 medium carrots, shredded
- 2 medium ripe bananas, mashed

Directions

1. Preheat oven to 400 degrees.
2. Coat a 12-cup large muffin pan with cooking spray.
3. In a large bowl whisk together flour, brown sugar, baking soda, baking powder, nutmeg, and salt until there are no lumps.
4. Stir in oats and cranberries.
5. Add oil, egg, milk, carrots and banana and stir until 2 minutes.
6. Distribute batter between the 12 muffin cups.
7. Bake until a toothpick inserted in center of a muffin comes out clean, 20 to 25 minutes.

Some Tips:

- *Substitute raisins for cranberries. If you do not like raisins, do not put them in. If you like raisins, put them in instead.
- *Add 1 cup of chopped walnuts if you want.
- *You can totally omit the oil from the recipe by replacing it with applesauce. This reduces the total fat in the muffins even more.
- *Are you really wanting to make them even healthier? Omit the all-purpose flour and substitute with whole wheat flour. (so a total of 1 1/2 cup whole wheat flour)
- *These make a great snack for the kids to bring to school!