

BARLEY BANANA BREAD MUFFINS

I n g r e d i e n t s

- * 1 cup all-purpose flour
- * 1 cup barley flour
- * 1 teaspoon baking soda
- * 1/2 teaspoon baking powder
- * 1/2 teaspoon salt
- * 1/2 cup sugar
- * 1 teaspoon ground cinnamon
- * 1/4 teaspoon nutmeg
- * 3 tablespoon vegetable oil
- * 2 medium ripe bananas (mashed)
- * 1/4 cup honey
- * 1 large egg
- * 3/4 cup buttermilk
- * 1 teaspoon vanilla extract
- * 1/2 cup chopped walnuts (optional)



D i r e c t i o n s

1. Preheat the oven to 350F and line a 12 cup muffin tin with liners.
2. In a large bowl whisk together the flour, barley flour, baking soda, baking powder, salt, sugar and spices.
3. In a medium bowl whisk together the mashed banana, vegetable oil, honey, egg, buttermilk and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until fully blended together. No streaks of flour should remain. Add in the nuts if using them.
5. Divide the mixture evenly into the prepared muffin cups. You can top with a sprinkle of sugar and cinnamon and a few walnut pieces for extra flavor if you like.
6. Bake for around 16-20 minutes until a toothpick inserted into the center comes out clean and the muffins spring back when lightly pressed.
7. Cool on a wire cooling rack for about 10 minutes.

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