

HEALTHY BANANA NUT BREAD MUFFINS

I n g r e d i e n t s

- * 1 cup all-purpose flour
- * 1/2 cup whole wheat flour
- * 3/4 cup granular sweetener like Splenda
- * 1 1/4 teaspoons baking powder
- * 1 teaspoon baking soda
- * 1 teaspoon ground cinnamon
- * 2 egg whites
- * 1 cup mashed ripe banana
- * 1/4 cup applesauce
- * 1/2 cup chopped walnuts



D i r e c t i o n s

- 1.** Preheat the oven to 375 degrees F (190 degrees C). Grease a 12 cup muffin tin, or line with paper muffin liners.
- 2.** In a large bowl, stir together the flour, sugar substitute, baking powder, baking soda, and cinnamon. In a separate bowl, mix together the egg whites, mashed banana and applesauce. Add the wet ingredients to the dry, and mix until just blended. Stir in the walnuts. Fill prepared muffin cups 3/4 full.
- 3.** Bake for 15 to 18 minutes in the preheated oven, or until the top springs back when lightly touched. Allow muffins to cool in the pan over a wire rack for a little while before tapping them out of the pan.

For More Recipes Visit: Banana-Bread.biz