

Banana Applesauce Whole Wheat Muffins

Ingredients

3½ cups whole-wheat flour
2 teaspoons baking soda
1 teaspoon salt
2/3 cup olive oil
1 cup honey
4 eggs
1 cup mashed ripe bananas
¾ cup unsweetened applesauce
½ cup hot water

Instructions

In a medium-sized bowl, mix dry ingredients together.

In a separate bowl, mix oil and honey together, then add eggs and beat until completely incorporated. Add in bananas and applesauce and mix well.

Add dry ingredients to wet ingredients, alternating with hot water; mix well after each addition.

Spoon batter into 24 greased muffin cups; bake at 325 DEGREES for 15 minutes, or until muffins are golden brown and test done. Remove from oven and cool on rack.

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