

Whole Grain Banana Muffins

- 1 1/2 cups whole wheat flour – any brand
 - 1 cup oatmeal, ground (Place approximately 1 1/4 cups of oatmeal in a blender or food processor. Process until fine, like flour)
 - 2 teaspoons baking powder
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 2 Tablespoon vegetable oil
 - 1/2 cup honey
 - 3 egg whites (or 2 whole eggs)
 - 1 cup banana ripe, mashed (3 small)
 - 2/3 cup buttermilk
1. Preheat oven to 375° degrees. Grease 12 regular-sized muffin cups or line with paper cups.
 2. In a large mixing bowl, whisk together dry ingredients (first five ingredients) until well combined. Set aside.
 3. In a separate bowl, whisk together all wet ingredients (last 5 ingredients).
 4. Pour wet ingredients into dry ingredients and stir with a wooden spoon until just combined.
 5. Immediately spoon batter into the 12 muffin cups, filling each cup almost to the top.
 6. Place immediately in a preheated 375 degree oven for 20-25 minutes or until a toothpick inserted in the center comes out clean. Start checking early!
 7. Turn muffins out of pan and cool on wire rack.
 8. Enjoy!