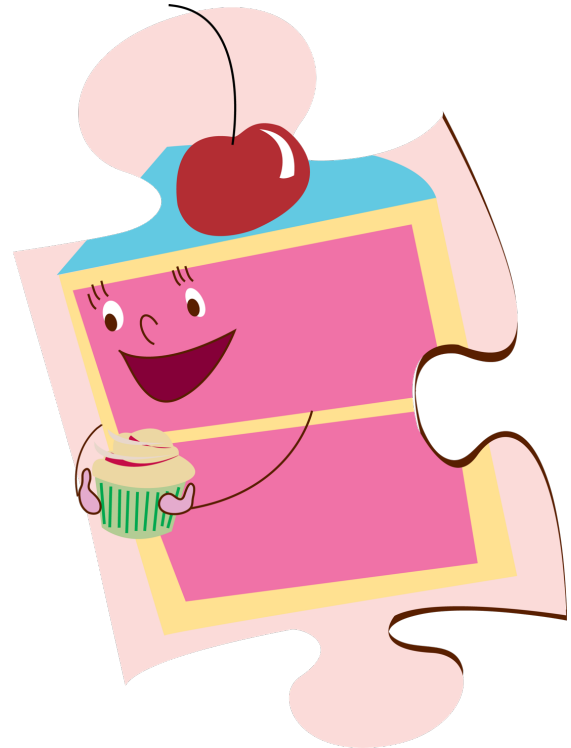


Be Mine Banana Muffins

Ingredients

- 1 cup unbleached flour
- 1 cup white whole wheat flour
- ½ cup Truvia Baking Sugar Blend
- 1 tsp baking soda
- ¼ tsp Kosher salt
- 2 large eggs
- 1 ½ cups banana, ripe and mashed (about 3 large)
- ½ cup Greek yogurt, lowfat and plain
- ¼ cup applesauce, unsweetened and organic
- 1 tsp vanilla extract
- Canola cooking spray



Instructions

1. Combine flours, sugar, baking soda, and salt in a medium bowl. Make a well in center of flour mixture.
2. In a separate bowl beat eggs with a whisk. Next add mashed banana, yogurt, applesauce and vanilla, stirring with the whisk.
3. Add the egg mixture to the flour mixture, stirring until moist.
4. Spoon batter into muffin cups sprayed with cooking spray. Fill ¾ full.
5. **Bake at 375° for 25 minutes or until muffins spring back when touched lightly in the center.**
6. **Let muffins sit in tin for 10 minutes. Promptly remove muffins and serve.**

These muffins keep well for a few days in the refrigerator or weeks in the freezer.

Prep time:	15 minutes	Course:	Side Dish or Snack
Cook time:	25 minutes	Serving size:	1 muffin
Ready in:	50 minutes	Yield:	12 servings
		Calories:	128 calories per serving

Menu: serve with Sammie's Sensational Egg Cups;
362 calories per person.