



strawberry-banana buttermilk(whole wheat) muffins

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Ingredients

Dry mix:

2.5 C whole wheat flour
3/4 C brown sugar
2 t baking soda
1/4 t baking powder
1/4 t salt

*** 2 C roughly chopped fresh strawberries/blueberries/raspberries, whatever you fancy.**

Wet mix:

1 large egg
3/4 C low-fat buttermilk (alternative: 1 C low-fat milk + 1 T distilled vinegar and let stand for about 5 mins ; just take 3/4 C from the mixture)
2/3 C canola oil
1 t vanilla extract

*** 2 ripe bananas, mashed (if the bananas aren't too ripe, you can pop them in to the microwave for 30-40 seconds and mash away)**

Instructions

-yield: a dozen-
(adapted from JoyofBaking.com)

Preheat oven to 375 dF.

Grease muffin tins with canola oil spray.

Mix the dry ingredients and gently fold in the chopped strawberries making sure that the strawberry pieces are well coated so as to keep the strawberries from sinking down the muffin tins while baking.

Whisk together in a separate bowl the wet ingredients plus the mashed bananas.

Combine the wet and dry ingredients and mix gingerly with a spoonula just until well blended. Remember: over-mixing = tough muffins

Fill the muffin tins (up to the brim) with the batter. Top with a strawberry slice to garnish.

Bake for 20 mins or until toothpick/cake tester comes out clean.

Sprinkle with powdered sugar.