



Almond Banana Whole Wheat Muffin

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 cup whole wheat flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup lite soy milk
- 1 egg
- 1/2 cup honey
- 1/2 tsp vanilla extract
- 2 ripe bananas
- about 2/3 cups raw almonds
- some love

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine the dry ingredients (flour through salt) in a bowl.
3. In a separate bowl, slice the bananas and slightly mash it with a fork. (You still want it kinda chunky). Add to the mashed bananas, the wet ingredients (milk through vanilla extract)
4. Combine dry ingredients into wet ingredients. Fold it in lightly. DO NOT over mix!

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5. Chop the almonds and lightly fold it in.
 6. Put it in a muffin tin and bake for 30-40 mins.
 7. Give it some love.

****Makes about 8-9 small muffins.**