Banana & mixed seeds muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup of wheat flour 0,75 cup of spelt flour 1 cup of pumpkin seeds, sunflower seeds and walnuts 1/3 cup of oil 2 eggs 2 bananas, sliced 60 grams of dark chocolate, cracked 1 teaspoon of baking soda 1/2 teaspoon of baking powder grated lemon's peel (from one lemon) pinch of salt

Instructions

1. Mix oil, sugar, salt and lemon's peel till sugar dissolves.
2. Add eggs, one by one, whisk till you get fluffy mixture.
3. Sift both flours and add baking soda and baking powder, mix well and add bit by bit to oil/sugar/eggs mixture.
4. Add bananas, seeds and nuts, chocolate, mix gently.
5. Pour dough into muffin baking tray.
6. Bake in preheated oven in 180 C degrees, about 20 min, till golden brown.