

Banana Muffins

Makes 18 muffins

Ingredients

- ½ cup Vegetable oil
- ½ cup Swerve® (erythritol sugar replacement) or ¼ c sugar & ¼ Swerve®
- 2 Eggs, beaten (or ½ cup egg substitute)
- 3 Bananas, mashed
- 1 ½ cup Flour, whole wheat white
- 1 tsp Baking Soda
- ½ tsp Baking Powder
- ½ tsp Salt
- ½ tsp Vanilla
- ½ cup Chopped Nuts, optional
- 3 Tbsp milk
- 1 Tbsp Flaxseed, ground

Directions

- Soak flaxseed in milk and let sit while mixing other ingredients in order. Add flaxseed and milk to other ingredients. If dry you can add additional milk. Spray pan and bake at 350 degrees.
- Loaf pan bake for approximately 1 hour
- Muffin pan bake for approximately 20 minutes
- Mini muffin pan bake for approximately 10-15 minutes

Yields 18 muffins regular size muffins

Nutritional Information per muffin:

Plain: 115 calories, 11gm carbohydrates, 2gm protein

Chocolate Chip: 145 calories, 15gm carbohydrates, 2gm protein

Chocolate Chip & Nuts: 170 calories, 15.5gm carbohydrates, 2.5gm protein