

# BANANA BRAN MUFFINS

## INGREDIENTS *(For 12)*

- 2 bananas, mashed
- ½ cup unsweetened applesauce
- 2 eggs
- ¼ cup canola oil
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- 1 cup wheat bran
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ tsp salt

## INGREDIENTS *(Class Size: 24)*

- 4 bananas, mashed
- 1 cup unsweetened applesauce
- 4 eggs
- ½ cup canola oil
- 2 tsp vanilla extract
- 2 cups whole wheat flour
- 2 cups wheat bran
- 2 tsp baking soda
- 2 tsp baking powder
- ½ tsp salt



## DIRECTIONS

1. Preheat oven to 350°F and line muffin tin.
2. Mix all the wet ingredients together in a medium mixing bowl.
3. Whisk all the dry ingredients together in a different bowl, then stir in the wet ingredients until combined.
4. Chill muffin batter for 30 minutes in the fridge.
5. Transfer to muffin tins. Bake for 20 minutes.

### COOKING TIP

To speed up the ripening process, place bananas with an apple in a brown paper bag and leave at room temperature.

### FACT

Bran is a source of insoluble fibre that works like a broom to sweep waste out of the intestines.