

BANANA BREAD MUFFINS

Ingredients

- 2 medium ripe bananas
- 2 tbsp olive oil
- 1/2 cup sweetener
- 1/2 cup apple sauce
- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 - 1.5 cups of mix ins: chocolate chips, nuts, etc.

Directions:

1. Preheat your oven to 375 degrees Fahrenheit.
2. Mash the bananas thoroughly and as smoothly as possible.
3. Add in the oil, apple sauce, and sweetener to the mashed banana & mix.
4. Mix separately: flour, baking powder, baking soda, and cinnamon.
5. Add the wet ingredients to the dry ingredients and combine.
6. Optional: Add in your mix-ins of choice.
7. Move to muffin tin, filling each cup about two thirds of the way full.
8. Bake for approximately 20 minutes or until toothpick comes out clean.