

Banana Date Nut & Seed Muffins



Ingredients

1 cup unbleached flour	1 very ripe banana mashed
1 tsp baking powder	1/4 cup olive oil or avocado oil
1 tsp baking soda	1 Tbsp maple syrup or honey
Pinch of salt	1/3 cup nondairy milk, such as almond, cashew or soy
1/4 tsp cinnamon	1 tsp vanilla extract
1/2 cup chopped, pitted dates	1/4 cup small chopped nuts, such as
3/4 cup water	

Instructions

Preheat oven to 350 ° degrees. Spray a standard muffin tin pan or use paper liners. Combine dry ingredients (first 5) in a small bowl and whisk to combine. In a small sauce pan combine dates and water, bring to a boil and then simmer covered for about 10-15 minutes or until they can be mashed into a jam like consistency. Note that Medjool dates are much softer and will fall apart quicker than other varieties. Let date jam cool slightly. In a large bowl combine mashed banana, oil, sweetener of choice, milk and vanilla, whisk until blended. Whisk in date jam. Add dry mixture and nuts, stir just until combined.

Scoop in 9 wells of muffin tin, about half full. Sprinkle seeds of choice over muffins. Bake 12-15 minutes or until top is light golden brown, they feel firm and pick inserted in center comes out clean. Let cool in pan 10 minutes, then remove.

Nutrition Information Per Serving

Makes 12 muffins
Calories: 130
Fat: 7 gm
Sat Fat: 1 gm
Cholesterol: 0 gm
Sodium: 150 mg
Sugars: 6 gm
Fiber: 1 gm
Carbohydrates: 18 gm
Protein: 2 gm