

Sarah's Healing Touch

Healthy Blueberry Banana Muffins

Ingredients:

- 1 3/4 cup whole-wheat flour (spooned and leveled)
- 1/4 cup wheat germ
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, room temperature (you could also use a 1/2 cup of melted coconut oil)
- 2/3 cup sucanat
- 2 large eggs
- 2 ripe bananas (about 1 pound)
- 1/3 cup reduced-fat (2 percent) milk, rice dream, or coconut milk
- 1 teaspoon pure vanilla extract
- 1 cup frozen blueberries

Directions:

Preheat oven to 350 degrees. Line a 12-cup muffin pan with paper liners. In a bowl, whisk together flours, wheat germ, baking soda, and salt.

In a large bowl, beat butter and sugars with a mixer until light and fluffy. Add eggs, one at a time, beating well after each addition. In another bowl, mash bananas with a fork (you should have 3/4 cup); stir in milk and vanilla.

With mixer on low, alternately add flour mixture and banana mixture to butter mixture, beginning and ending with flour mixture; mix just until combined. Fold in frozen blueberries.

Divide batter among muffin cups. Bake until a toothpick inserted in the center of a muffin comes out clean, 25 to 28 minutes, rotating pan halfway through. Let cool in pan 10 minutes; transfer muffins to a rack to cool 10 minutes more.

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