

Banana Blueberry Muffins



Super easy and super moist breakfast or snack choice courtesy of the CMH Clinical Nutrition Team.

Ingredients:

2 or 3 ripe bananas	1 tsp baking soda
1/3 cup canola oil	1/2 tsp baking powder
1/2 cup sugar	1/4 tsp salt
1/2 cup egg beaters	3/4 cup frozen or fresh blueberries
2 tsp vanilla	
2 cups whole wheat flour	

Directions:

- Preheat oven to 350 degrees
- Mix banana, oil, sugar, egg beaters and vanilla
- Stir in remaining ingredients except blueberries
- Gently fold in blueberries
- Pour into muffin cups and bake for 25 minutes