



Whole Grain banana muffin

Ingredients

- $\frac{3}{4}$ cup whole wheat pastry flour
- $\frac{1}{2}$ cup whole wheat flour
- 1 cup oat bran
- $\frac{1}{4}$ cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup nonfat plain yogurt
- $\frac{1}{4}$ cup low-fat sour cream
- $\frac{1}{4}$ cup unsweetened applesauce
- $\frac{1}{4}$ cup maple syrup
- 2 teaspoons egg whites
- 1 teaspoon vanilla extract
- 3 small ripe bananas, mashed
- $\frac{1}{4}$ cup chopped pecans

Instructions

1. **Preheat the oven** to 400°F (200°C). Lightly grease or line a 12-cup muffin tin.
2. **Mix the dry ingredients.**
In a large bowl, whisk together the pastry flour, whole wheat flour, oat bran, sugar, baking powder, and salt. Stir in the raisins.
3. **Mix the wet ingredients.**
In a separate bowl, combine the yogurt, sour cream, applesauce, maple syrup, egg whites, vanilla, and mashed bananas. Stir until smooth.
4. **Combine wet and dry.**
Pour the wet ingredients into the dry mixture. Gently stir just until combined—avoid overmixing to keep the muffins tender.
5. **Fill the muffin tin.**
Spoon the batter evenly into the prepared muffin cups. Sprinkle about 1 teaspoon of chopped pecans on top of each muffin.
6. **Bake.**
Bake in the preheated oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean.
7. **Cool.**
Let the muffins cool in the pan for a few minutes, then transfer to a wire rack to cool completely.

