

Sugar Free Banana Muffins

If you'd like to make these muffins sweeter, add ¼ to ½ cup of white sugar with the dry ingredients.



INGREDIENTS

1.5 cups	All Purpose Flour
1 tsp	Baking Powder
1 tsp	Baking Soda
½ tsp	Salt
1 tsp	Cinnamon
3	Very Ripe Bananas
1	Egg
1/3 cup	Butter, Softened
1 tsp	Vanilla Extract

DIRECTIONS

1. Preheat oven to 450. In a large bowl, mix butter, mashed banana, egg and vanilla.
2. Mix dry ingredients together in a separate bowl. Fold into wet ingredients gently with a wooden spoon. Batter will be very thick and sticky
3. Scoop into greased muffin pan or paper muffin cups until about 2/3 full.
4. Bake 16 to 20 minutes, or until muffins spring back when lightly touched.

YIELD: approximately 12 regular muffins or 24 mini muffins

From the kitchen of The Zephyr Hill Blog

