

# Moist Banana Muffins

Recipe By *Nechama Norman*



Cooking and Prep:  30  
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Serves:  6

Contains:    

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Pescetarian,  
Low Fat

**Source:** Whisk by Ami  
Magazine

The perfect healthy banana muffins to throw into your purse on your way out the door in the morning.

## Ingredients (10)

### Main ingredients

- 1 egg
- 1/2 cup sugar
- 1/2 cup oil
- 4 ripe bananas, mashed
- 1 teaspoon **Gefen Vanilla**

- 1 and 1/2 cups white whole wheat flour
  - 1 teaspoon Haddar Baking Powder
  - 1 teaspoon Gefen Baking Soda
  - 3/4 teaspoon cinnamon
  - 1/4 cup chopped pecans
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## Start Cooking

### Prepare the Muffins

Yield: 1 dozen

1. Preheat oven to 350 degrees Fahrenheit. Line a 12-cup muffin pan with paper liners.
2. In a mixer, beat together egg, sugar, and oil. Add bananas and vanilla and mix until combined.
3. In a separate bowl, whisk together flour, baking powder, baking soda, and cinnamon. Fold into wet ingredients. The batter may be lumpy.
4. Using an ice cream scooper, scoop batter into prepared muffin pan. Sprinkle pecans on top. Bake for 18 minutes, or until a toothpick inserted comes out clean.