



Sugar Free Banana Bread Muffins

From the kitchen of
Loyce Holmes

INGREDIENTS

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| ¾ cup of oat bran | 1 egg |
| 1-¼ cups stone ground whole wheat | ¼ cup almond, soy or rice milk |
| 1 teaspoon baking soda | 1-½ teaspoons pure vanilla extract |
| 1 teaspoon baking powder | 1 full dropper of Stevia (optional – use if you like your bread sweeter) |
| ¼ cup chopped walnuts | 2 medium ripe bananas |
| ½ cup honey | |
| 2 tbsp light virgin olive oil | |

DIRECTIONS

Blend all wet ingredients and bananas in a blender. Add to dry mixture and mix well. Spoon into prepared pans. Recipe makes about 18 muffins.

Bake at 350° for 15 minutes in lightly oiled muffin pan (using a loaf pan is not ideal)

Remove muffins upon removal from oven and cool on racks. They are very moist muffins. Allow to cool completely before storing.