



Banana Blueberry Muffins

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

12

Description

These banana blueberry muffins are so easy to make and absolutely delicious

Ingredients

— - 2 cups whole wheat flour - 1 cup brown sugar - 1/2 teaspoon ground cinnamon - 2 teaspoons baking powder - 1 teaspoon baking soda - 1 1/2 cups mashed bananas - 4 egg whites - 1 teaspoon vanilla extract - 1 cup fresh blueberries

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 12-cup muffin pan. In a large bowl
2. mix whole wheat flour
3. brown sugar
4. cinnamon
5. baking powder
6. and baking soda. In a separate bowl
7. mix bananas
8. egg whites
9. and vanilla extract. Mix banana mixture into flour mixture until smooth. Fold in blueberries. Spoon batter into the prepared muffin pan. Bake 16 minutes in the preheated oven
10. or until a toothpick inserted in the center of a muffin comes out clean.