

## Banana Applesauce Muffins

Makes 12 muffins

2 cups	whole wheat flour
1 tbsp.	Baking powder
1 tsp.	baking soda
½ tsp.	salt
3	ripe bananas, mashed (about 1 1/3 cups)
1	egg, lightly beaten
1	cup unsweetened applesauce
½	cup granulated sugar
¼	cup vegetable oil

1. In a large bowl, combine flour, baking powder, baking soda and salt.
2. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups.
4. Bake in preheated oven 400 F (200 C) for 15 to 20 minutes or until tops are firm to touch and a tester inserted in center of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.