

# Banana Nut Muffins

written by The Recipe Exchange | August 7, 2017

## **Ingredients**

1½ cups all-purpose flour  
½ cup whole wheat flour  
⅔ cup packed brown sugar  
2 teaspoons baking powder  
¼ teaspoon ground cinnamon  
¼ teaspoon salt  
1 cup mashed ripe banana (about 2 bananas)  
¾ cup 1% low-fat milk  
3 Tablespoons coconut oil  
½ teaspoon vanilla extract  
1 large egg  
¼ cup chopped walnuts

## **Streusel**

6 tablespoons regular oats  
5 tablespoons all-purpose flour (about 1½ ounces)  
2 tablespoons brown sugar  
2 tablespoons butter, softened  
¼ teaspoon ground cinnamon

## **Directions**

Preheat oven to 375°.

To prepare the muffins, lightly spoon 1 cup all-purpose flour and whole wheat flour into dry measuring cups; level with a knife. Combine flours and next 4 ingredients (through salt) in a large bowl; make a well in center of mixture. Combine banana and next 4 ingredients (through egg) in a bowl; stir well. Add to flour mixture. Stir just until moistened; fold in walnuts. Place 12 muffin cup liners in muffin cups. Spoon batter into 12 muffin cups.

To prepare streusel, combine oats and remaining ingredients in a small bowl. Blend with a pastry blender or 2 knives until mixture resembles coarse meal. Sprinkle streusel over batter. Bake at 375° for 22 minutes or until a wooden pick inserted in center comes out clean.