



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Banana Peanut Butter Muffins

Makes 12 muffins

Ingredients:

2 cups whole wheat flour
¾ cup chunky peanut butter
2 ripe bananas
½ cup lightly packed brown sugar
¾ cup milk
2 TBSP oil (e.g. canola oil or melted butter)
2 eggs
1 tsp baking soda
1 tsp cinnamon
1 tsp vanilla extract
¼ tsp salt



Directions:

1. Preheat oven to 400 degrees F. Grease one muffin tin.
2. In a large bowl, mix together flour, brown sugar, baking powder, and salt
3. In a separate bowl, beat together peanut butter, oil, eggs, milk, vanilla, and bananas.
4. Stir the wet ingredients into the dry ingredients just until moistened.
5. Spoon the batter into muffin cups and bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Tips:

1. If you have a peanut allergy or simply don't love peanuts, substitute this ingredient for a different heart-healthy nut butter such as almond butter or cashew butter.
2. Using avocado or canola oil in place of butter or vegetable lard is one simple way to switch towards using more heart-healthy oils, rich in monounsaturated and polyunsaturated fats which may help reduce your LDL (bad) cholesterol and increase HDL (good) cholesterol.
3. These muffins freeze well. Consider doubling the recipe and freezing the extras for later.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.