

# Vegan Banana Muffins

3	bananas, mashed	3
2	tbsp. coconut oil, melted	30 mL
1/4	cup maple syrup	60 mL
1/2	cup <b>ROGERS WHEAT BRAN</b>	125 mL
1/2	cup <b>ROGERS OAT BRAN</b>	125 mL
1	cup <b>ROGERS 100% WHOLE GRAIN WHOLE WHEAT FLOUR</b>	250 mL
1/2	tsp. salt	2 mL
1	tsp. baking soda	5 mL

Preheat oven to 375°. Prepare muffin tin.

Place mashed bananas in large bowl.

Mix coconut oil, maple syrup, wheat bran and oat bran in a separate bowl. Add to bananas and stir.

Mix flour, salt, and baking soda together. Add to banana mixture and stir.

Stir in 1/3 cup of carob chips to mixture.\*

Place in muffin tin. Bake 15-20 minutes or until they test done.

\*Variations: Raisins, cranberries, dried blueberries.



For more information about our products and other recipes go to [www.rogersfoods.com](http://www.rogersfoods.com)