

Recipe for old bananas

## BETH'S BANANA MUFFINS

Are you like me? Your purchase of bananas is with the best intentions, but somehow they get away from you? Here is the perfect recipe for old and speckled--or even black--bananas.

- 3 large bananas (the older the better)
- $\frac{3}{4}$  cup maple or white sugar
- 1 egg
- 1 tsp. baking soda
- 1 tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- $1\frac{1}{2}$  cups sprouted spelt or white flour
- $\frac{1}{3}$  cup melted butter

Mash bananas in a medium bowl. Add the sugar and egg; stir to incorporate. Add melted butter and stir again. Add baking soda, baking powder and salt to the flour and stir the dry ingredients to evenly distribute the leavening.

Add the dry ingredients to the wet and fold the ingredients together into moist throughout. Put in greased muffin pan. Bake at 375°F for 20 minutes. Makes 12 yummy muffins.