



## Vegan Banana Muffins

2 Tbsp ground flax seed  
3 Tbsp water  
4 very ripe bananas mashed, (the riper the banana, the sweeter the bread)  
1/3 cup expeller pressed canola oil  
1/3 cup turbanado sugar  
¼ cup (local to you) honey (substitute honey for additional turbanado for pure vegan recipe)  
1 tsp vanilla  
¼ tsp each: nutmeg, cinnamon, allspice, ground ginger  
1 cup whole wheat flour  
½ cup unbleached all-purpose flour  
Pinch of salt  
1 1/3 tsp baking soda

Preheat oven to 350°. Grease muffin tin. Mix ground flax seed and water in a small bowl and set aside.

Add the oil and sugar to the bananas and mix well. The bananas mixture will be slightly lumpy.

Add in the flax mixture, vanilla, nutmeg, cinnamon, allspice and ground ginger. Mix well.

Add the flour, salt and baking soda and mix well.

Spoon into the prepared muffin pan and top with 1 tablespoon of the topping.

Bake at 350° for 30 minutes or until the muffin springs back when touched.  
Makes 12 large muffins

### Topping

½ cup plain oats  
2 Tbsp organic coconut flakes  
¼ cup pumpkin seeds, or other nut of choice  
1 Tbsp of earth balance  
2 tsp turbanado sugar