

Ginger Banana Muffins

Ingredients:

- 2 cups whole wheat flour
- $\frac{1}{2}$ cup vanilla protein powder
- $\frac{1}{2}$ tsp kosher salt
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{8}$ tsp ground clove
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- 3 very ripe bananas, mashed (~1 $\frac{1}{2}$ cups)
- $\frac{1}{3}$ cup coconut oil, melted
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup granulated sugar
- 3 large eggs, room temperature
- $\frac{1}{2}$ cup unsweetened apple sauce
- 1 tsp vanilla extract
- 3 tbsp Paradise Candied Fruit Crystallized Ginger
- $\frac{1}{2}$ cup pecans, chopped
- 1 tbsp chia seeds
- Old fashioned oats for garnish
- 18-20 pecan halves



Directions:

Preheat oven to 375°F. Line two 12-cup cupcake pans with cupcake liners.

In a large bowl, sift together flour, protein powder, salt, baking powder, baking soda, ginger, cinnamon, nutmeg, and clove.

In a separate large bowl, whisk together bananas, coconut oil, brown sugar, white sugar, eggs, Greek yogurt, and vanilla extract until smooth.

Gradually mix dry ingredients into banana mixture until well combined. Mix in crystallized ginger, pecans, and chia seeds.

Using a $\frac{1}{4}$ cup, fill each cupcake liner. It will yield about 18 muffins. For every liner not filled with batter, remove the liner and fill the space halfway with cold water.

Sprinkle a pinch of old fashioned oats on top and place a pecan half on each muffin.

Bake for 20 minutes, or until a toothpick inserted into the center of the muffins comes out clean. Let cool in the pan for 10 minutes then transfer muffins to a wire rack to cool completely. Store in an airtight container at room temperature for up to 3 days, or freeze for longer storage.