

## TASTE WITHOUT WASTE

### Banana, Date & Walnut Muffins

Makes 8 muffins.

#### **Ingredients**

3/4 cup whole-wheat flour  
1/2 cup self raising flour  
1 tsp baking powder  
Pinch salt  
1 tbsp brown sugar  
3 tbsp chopped dates (about 9 dates)  
3 tbsp chopped walnuts  
1/4 cup unsweetened apple sauce  
1 large banana, mashed  
1/2 cup skim milk  
1/2 tsp vanilla essence  
1 large egg, lightly beaten

#### **Method**

Preheat the oven to 200C. Grease 8 1/2 cup capacity muffin holes or line with paper cases.

In a large bowl whisk together the flours, baking powder, salt and brown sugar. Stir through the chopped dates and walnuts, ensuring that the dates are completely coated in flour.

In a separate bowl or jug whisk together the mashed banana and unsweetened apple sauce. Add the beaten egg, milk and vanilla essence and whisk to combine.

Make a well in the centre of the dry ingredients and tip the banana mixture in all at once. Fold the wet into the dry until just combined. A few lumps is okay. Divide the mixture amongst the muffin holes and bake for 12 minutes or until risen and the tops spring back when touched.

Allow to cool in the pan for 2 minutes before transferring to a wire rack to cool completely.

Best served warm with a little butter, and jam/honey if you wish. Will keep in an airtight container for up to three days (though do taste best the day made). Also freeze well.

*Source: A Taste Without Waste Original.  
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