



THE WEDNESDAY CHEF

Genevieve Ko's Whole-Grain Banana Yogurt Muffins

Makes 12 muffins

Note: To make these gluten-free, replace the whole-wheat flour with 75 grams oat flour, 50 grams of sorghum flour and 25 grams of all-purpose gluten-free flour.

1 1/4 cups/150 grams whole-wheat flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

1 cup mashed ripe bananas (from about 2 large bananas)

1/2 cup/120 milliliters plain whole-milk yogurt

1 large egg

1/3 cup/65 grams light brown sugar

1/4 cup/60 milliliters neutral oil, like sunflower or canola

1/4 cup/60 milliliters honey

Rolled oats, seeds, chopped nuts or grated coconut, for sprinkling (optional)

1. Heat oven to 375°F/190°C. Line a 12-cup standard muffin tin with paper liners or generously grease (with nonstick cooking spray or butter).

2. In a large bowl, whisk the flour(s), baking powder, baking soda, cinnamon and salt. In

a medium bowl, whisk the bananas, yogurt, egg, brown sugar, oil and honey until just smooth.

3. Pour the wet ingredients into the dry and gently stir just until no streaks of flour remain. Divide the batter evenly among the muffin cups. Sprinkle on toppings if you'd like.

4. Bake until a toothpick inserted into a center muffin comes out clean, 20 to 23 minutes.

5. Cool in the tin on a rack for 5 minutes, unmold and cool completely or serve warm.