

BLUEBERRY BANANA FLAXSEED MUFFIN

TIP: In order for your body to get the most nutrients out of flaxseed, make sure the seeds are ground before adding them to recipes.

FUN FACT: Walnuts are one of the only nuts that contain heart-healthy omega-3 fats.

ALL YOU NEED:

- 1 ½ c. Hy-Vee all-purpose flour
- ½ c. golden flax meal
- 1 tbsp. ground flaxseed
- 2 tsp. baking powder
- ½ tsp. Hy-Vee baking soda
- ¾ tsp. Hy-Vee salt
- 2 tsp. Hy-Vee ground cinnamon
- ½ tsp. Hy-Vee ground nutmeg
- ¾ c. Hy-Vee walnuts, coarsely chopped, plus additional for topping
- 1 large Hy-Vee egg
- ½ c. Hy-Vee light brown sugar, packed
- 3 medium bananas, ripe, peeled, and mashed
- ½ c. Hy-Vee coconut oil
- 1 tsp. Hy-Vee vanilla extract
- 2 c. blueberries, fresh or frozen



ALL YOU DO:

1. Position a rack in the center of the oven. Preheat oven to 375 degrees. Grease a standard 12-muffin pan or line with paper bake cups.
2. Whisk together flour, flax meal, flax seed, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl. Stir in 1/3 cup walnuts.
3. Whisk together egg, brown sugar, bananas, coconut oil and vanilla extract in a medium bowl. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).
4. Fold in blueberries.
5. Spoon batter into prepared muffin cups and top with additional nuts.
6. Bake for 14 to 16 minutes or until the muffins are golden and spring back when touched or toothpick inserted into center of muffin comes out clean, rotating the pan halfway. Cool in muffin cups on a wire rack for 2 to 3 minutes. Remove from muffin cups; serve warm.

NUTRITION FACTS PER SERVING: 1 MUFFIN

Calories: 260 Total Fat: 13 g Saturated fat: 6 g Trans Fat: 0 g Cholesterol: 15 mg Sodium: 150 mg Total Carbs: 35 g; Dietary Fiber: 4 g Protein: 5 g Total Sugars: 16 g Vitamin A: 2% Vitamin C: 8% Iron: 8% Calcium: 4%

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