

# *Whole Wheat Banana Coconut Muffins*

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Green Palette

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*Makes 12 muffins*

2 ½ cups whole wheat pastry flour  
¾ cup sugar  
2 teaspoons baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
½ cup canola oil  
1 cup mashed banana (equal to about two bananas)  
1 egg, beaten  
½ cup buttermilk  
½ cup shredded unsweetened coconut\*

Directions:

1. Preheat oven to 375 degrees F and grease or spray muffin tins.
2. In a large mixing bowl, stir together the flour, sugar, baking powder, baking soda and salt.
3. In another bowl, whisk together the canola oil, banana, egg and buttermilk. Add the wet mixture with the dry mixture until just combined. Fold in the coconut.
4. Fill the muffin tins and bake for about 25 minutes or until muffins are turning golden on top. Serve warm.

Per Serving: 263 Calories; 12g Fat; 5g Protein; 37g Carbohydrate; 4g Dietary Fiber.

Note\* Unsweetened coconut is readily available in health food stores