



# Banana Bean Muffins

*When you're in the mood for baking, try this unique muffin recipe with the added nutritional benefits of white pea beans! White pea beans, also known as navy beans, are a very high source of soluble fibre. Because beans are a lower glycemic index food, they digest slowly and result in a slow rise and fall in blood sugar levels leaving you feeling full for longer.*

**Prep: 10 minutes • Total: 40 minutes**

## Ingredients:

All purpose flour	1 cup	250 mL
Whole wheat flour	¾ cup	175 mL
Baking soda	1 Tbsp	15 mL
Salt	¼ tsp	1 mL
Eggs	2	2
Bananas, mashed	3	3
Honey	¼ cup	50 mL
Brown sugar	¼ cup	50 mL
White pea beans, cooked, pureed	1 cup	250 mL
Vanilla	1 tsp	5 mL
Buttermilk	2/3 cup	150 mL
Walnuts, pecans or chocolate chips	½ cup	125 mL

## Directions:

1. Grease a 12-cup muffin pan and dust with flour.
2. In a bowl sift together flours, baking soda, and salt.
3. In a separate bowl, beat the eggs. Add mashed bananas, honey, brown sugar, white pea beans, vanilla, and buttermilk; mix well.
4. Make a well in the centre of flour mixture and pour in banana mixture; fold just until combined. Gently stir in nuts or chocolate chips.
5. Pour batter into prepared baking pan. Bake in a preheated 350°F (180°C) oven for 30 to 35 minutes. Place pan on a rack and let cool.

## Nutrition Facts

Serving Size (109g)

Servings Per Container

Amount Per Serving

**Calories 200**      **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**      **7%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 350mg**      **15%**

**Total Carbohydrate 35g**      **12%**

Dietary Fiber 3g      **12%**

Sugars 15g

**Protein 6g**

Vitamin A 2%      • Vitamin C 4%

Calcium 4%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: The Supreme Bean II*

**Makes 12 muffins • 1 serving = 1 muffin**

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