

# Banana Spelt Walnut Muffins

*Muffins are the ultimate quick breakfast—even better when they're whole grain and stick with you through the morning. These are quick and easy to put together and are a family favorite. The high protein content in spelt works beautifully with the moisture from the bananas, and the earthy, nutty flavor complements the walnuts and bananas perfectly.*

**Makes 12 standard muffins | Active Time: 50 mins | Total Time: 1 hour**

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## Tools

Digital scale, blender or food processor, small mixing bowl, large mixing bowls, scale, whisk, silicone spatula, quarter or half sheet pan for toasting walnuts, knife and cutting board

## Ingredients

280g spelt flour  
1 teaspoon (5g) baking soda  
½ teaspoon (3g) fine sea salt  
3 medium ripe bananas (should be about 300g unpeeled)  
160g maple syrup  
90g plain vegan yogurt  
80g vegetable oil  
12g apple cider vinegar  
10g vanilla extract  
50g walnuts, toasted and chopped  
170g vegan chocolate chips (optional)

## Instructions

1. Set an oven rack to the center position and heat the oven to 350°F. Place muffin liners in a standard-sized muffin tin and spray each liner with nonstick spray. (This is crucial so that the muffins don't stick to the liners.)
2. In a large bowl, whisk together the flour, baking soda, and salt and set aside.
3. In a blender or food processor, process the bananas, maple syrup, yogurt, apple cider vinegar, and vanilla until smooth, about 15 seconds.
4. Add the wet ingredients from the blender/processor into the dry ingredients and whisk until fully incorporated. Gently fold the walnuts (and chocolate chips, if using) into the batter.
5. Fill the muffin liners evenly (the batter should fill each liner about ⅔ of the way full.)
6. Bake until a toothpick inserted into the center of a muffin comes out clean, about 30 mins, rotating the pan 180 degrees after 20 minutes.
7. Let cool for at least 30 mins before digging in.