

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Espresso Banana Muffins

From Super Natural Cooking by Heidi Swanson

Makes 12 muffins

2 cups white whole-wheat or spelt flour
2 teaspoons aluminum-free baking powder
½ teaspoon fine-grain sea salt
1 ¼ cups chopped toasted walnuts*
1 tablespoon fine espresso powder
6 tablespoons unsalted butter, at room temperature
¾ cup natural unrefined cane sugar (*Rapunzel* is the most common brand that can be found at Dierberg's.)
2 large eggs
2 teaspoons vanilla extract
1 cup plain yogurt
1 ½ cups mashed overripe bananas (about 3 large bananas)

1. Heat the oven to 375° F, position the rack low in the oven, and line 12 muffin cups with paper liners.
2. Combine the flour, baking powder, salt, ¾ cup of the walnuts, and the espresso powder in a bowl and whisk to combine.
3. In a separate large bowl or a stand mixer, cream the butter until light and fluffy. Beat in the sugar and then the eggs, one at a time. Stir in the vanilla, yogurt, and mashed bananas, then briefly and gently mix in the dry ingredients; overmixing will result in tough muffins.
4. Spoon into the prepared muffin tin (an ice-cream scoop works well), top with the remaining ½ cup walnuts, and bake until golden, about 25 minutes. Fill the cups two-thirds full for regular muffins or to the brim for a big-topped version. Cool in the tin for 5 minutes, then turn out onto a wire rack to cool completely.

*Preheat the oven to 350° F. Place the nuts on a rimmed baking sheet so they don't roll off and toast until they start to darken and get fragrant. Toasting time varies depending on the nut, but this usually takes just a few minutes. The nuts toward the edges tend to brown faster, so stir the nuts or give the pan a shake a time or two during baking.