

# Banana Bread Muffins

## Ingredients:

- 1½ cups spelt flour
- 1 tsp ground cinnamon
- 1 tsp bicarbonate of soda
- ½ tsp fine salt
- 2 tablespoons white sugar
- ½ cup unsalted butter, softened
- ¼ cup light brown sugar
- ½ cup chopped dates (or raisins)
- 2 eggs, beaten
- 3-4 ripened bananas, mashed
- 1 tsp vanilla essence
  
- Seed mix (optional)



**Prep. time:**  
5 min



**Total time:**  
25-30 min



**Servings:**  
10

## Directions:

1. Preheat oven to 180C. Place the rack in the centre of the oven. Preferably using reusable silicon or paper muffin cups, grease a muffin tin.
2. Beat the sugar and the butter together until just combined. Add the eggs and continue to beat for 1 minute before adding the bananas and vanilla essence. Combine well.
3. Add all the dry ingredients (excluding the seeds) to the wet mixture; mix to combine.
4. Spoon mixture into greased muffin cups, filling each to the brim. Sprinkle the top of each muffin with some seeds.
5. Bake muffins for 20-25 minutes until golden brown and firm to the touch.
6. Allow muffins to cool completely before adding to an airtight container.

*Adapted from **Run Fast. Cook Fast. Eat Slow.** By Shalane  
Flanagan & Elyse Kopecky.*

## Notes:

- Muffins may be frozen or stored in the fridge to improve shelf-life.
- We eat these, together with a cup of tea or coffee, before heading out on our morning training run. They're also great as a mid-morning or mid-afternoon snack, provided you also have some form of protein (e.g. a spoonful of whey protein or collagen in your tea/coffee; or they are eaten together with a carb-free protein shake, low-carb yoghurt etc)
- A low-carb yoghurt is one which has less than 6g sugar/carb per 100g. Check your labels.