



KEFIR CULTURED BANANA MUFFINS

Makes 1 doz. large or 2 dozen small muffins.

Moist and spongy!

Preheat oven to 400° F.

use ripe bananas

1 C. vegetable oil
1 C. raw sugar
4 eggs, whisked
2 tsp. vanilla
1 C. liquid Kefir
1 C. Kefir whey
2 C. mashed bananas

In large bowl mix oil, sugar, eggs and vanilla and beat well.
Mix in kefir and bananas until smooth. Set aside.

4 C. whole wheat flour
1 Tbsp. baking powder
1½ tsp. baking soda
Topping:
1 C. chopped walnuts

In smaller mixer bowl combine flour, baking powder, and soda.
Alternately mix kefir, vanilla and dry ingredients to batter,
stirring just until moistened. Fill greased, lined muffin pans,
sprinkle nuts on top & bake at 400°F. 15 min. for small & 20
min. for large muffins.

