

## Whole Wheat Banana Muffins or Banana Bread

This healthier twist on a traditional banana muffin/bread uses whole-wheat flour to gain the benefits of the extra bran. It also uses honey instead of refined sugar but still creates a delicious and moist product. Make note of the tricks to making sure your bananas are over-ripe as this is key to a moist banana muffin/bread.

2 ½ cups	Very Ripe Banana
1 Cup	Low-fat Milk
1 Cup	Egg Beaters
1 Cup	Vegetable Oil
1 Cup	Honey
2 teaspoons	Salt
3 Cups	Whole Wheat Flour
2 Tablespoons	Baking Powder

### Mixing Instructions:

1. Preheat oven to 350° and prepare your baking pans by lightly greasing them with some vegetable oil spray.
2. Place the banana, milk, eggs, oil, honey and salt in a blender and mix until smooth.
3. Pour the mixture into a mixing bowl and gently fold in the Whole Wheat flour and baking powder. Mix only until combined, do not overmix or your muffins will become tough.
4. Scoop the batter into greased muffin tins or your favorite baking loaf pan. This recipe yields about 24 large muffins or 2 to 3 loafs depending on the pan size.
5. Baking time varies but here are some guidelines: Muffins should take 20-30 minutes depending on size. Larger loaf or brownie style pans will take longer, between 45 minutes and 1 hour or slightly longer. Be sure that you test the banana bread to make sure it is done by inserting a skewer into the center and gently removing it so that it comes out clean. I recommend a metal skewer if you have one. It is difficult to overbake this recipe so relax if it takes a bit longer.
6. Cool at room temperature for 15-20 minutes and it is ready to serve.

**NOTE:** The finished banana bread can be left at room temperature for a couple of days and seems to get better with time as long as it is kept wrapped or in an air-tight container. You can also wrap and freeze it if you like and store for up to 3 months.

**NOTE:** The degree or ripeness of the banana will play an important role in any banana muffin/bread recipe. The riper the banana the more moisture and sweetness it will have. If you find the bananas are only spotted and not dark brown and really soft, then simple bake them **unpeeled at 350° for 20 minutes on a cookie sheet**. Remove from oven and cool them in the skin for about 20 minutes. Remove the skins and they will be perfect. Use any juice that comes from the bananas as well, it is delicious.

## Gluten Free Cashew Oat Cookies

This cookie is a kin to a granola bar in some ways. It does not have flour in the recipe and relies primarily on the cranberries and coconut for sweetness. With only a little bit of added fat, it provides a great snack that is not too sweet but very delicious.

1 Cup	Dry Cranberries
1 ½ Cups	Water
1 ½ Cup	Cashews our your favorite nut or nut flour
½ Cup	Olive Oil or your favorite oil of choice
½ teaspoon	Salt
1 Cup	Shredded Coconut Unsweetened
1 large	Egg
2 tsp	Baking Powder
2 cups	Instant Rolled Oats (grind in food processor or you can use them whole).

1. Place the cranberries in a saucepan and simmered them with the water for 10 minutes to soften. Remove from heat and cool.
2. In a food processor, blend the cashews, baking powder and the instant rolled oats until they are mealy and well combined.
3. Place the ground cashew/oat mixture into a mixing bowl and add the olive oil, salt, shredded coconut and egg, mixing until well combined.
4. When the cranberries have cooled, place them in the food processor with the water and puree them to a paste then mix the paste into the cashew/oat mixture, mixing until well combined.
5. Let the mixture rest for at least 5 minutes before baking so that the oats will hydrate.  
**NOTE:** Depending on the moisture content of the cranberries, your dough may vary in stiffness. If you find it is too wet and the cookies are too flat, add an additional ½ cup of oats. If it is too dry, you can add an additional ¼ cup water. It will depend on how you like them.
6. Scoop small balls and bake them at 350° for 10-15 minutes depending on how you want them to turn out.