

# Raspberry Swirl Banana Muffins

**Prep time:** 20 minutes

**Cook time:** 15 minutes\*

2 cups flour  
1/4 cup sugar  
2 tsp. baking powder  
1/2 tsp. salt  
1/4 tsp. baking soda  
1 cup mashed ripe bananas

2 eggs, beaten  
1/3 cup canola oil  
1/3 cup honey  
1 tsp. pure vanilla extract  
1/3 cup raspberry jam

1. Preheat oven to 375°F. Coat 12 muffin cups with nonstick cooking spray. In a large bowl combine flour, sugar, baking powder, salt and baking soda; mix well. Set aside.
2. In a medium bowl combine bananas, eggs, oil, honey and vanilla; mix well. Add to dry ingredients; stir just to combine (do not overmix).
3. Fill muffin cups two-thirds full. Spoon 1 teaspoon of the raspberry jam on top of each; gently swirl with a large skewer or a small knife to create a marbled effect.
4. Bake 15 minutes or until a wooden toothpick inserted into the center of a muffin comes out clean. Remove pan from oven, and let muffins cool in pan several minutes. Transfer muffins to a wire cooling rack; let cool completely.

Makes 12 muffins

**Per serving:** 220 calories, 7g fat, 1g saturated fat, 35mg cholesterol, 220mg sodium, 37g carbohydrate, 1g fiber, 3g protein

\*cooling time extra

