

Banana Nut Muffins

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 2 cups Edensoy Original Organic Soymilk
- 2 tablespoons canola oil
- 2 tablespoons Eden Brown Rice Vinegar
- 1/4 cup Eden Barley Malt or honey
- 2 teaspoons vanilla
- 2 bananas, mashed
- 1/2-1 cup walnut pieces
- 1/2 cup raisins

Sift dry ingredients together into large bowl.

In separate bowl, combine liquids, then add to dry ingredients and stir.

Fold in bananas and walnuts.

Spoon into 12 oiled muffin tins.

Bake in preheated oven at 350 degrees for 20-25 minutes.