

Banana Peanut Butter Muffins

Guilt-free banana sweetness teams with peanut butter's protein

2 ripe bananas, roughly mashed
2 Tablespoons honey
1/4 cup natural smooth peanut butter
1 large free-range egg
1-1/2 teaspoons pure vanilla
6 Tablespoons traditional unsweetened plain yogurt
1 cup white wholewheat flour
1-1/2 teaspoons ground cinnamon
2 teaspoons baking powder
1/8 teaspoon salt
1/3 to 1/2 cup unsalted peanuts, chopped

- Preheat oven to 375 degrees F. Use nonstick regular or mini muffin pans.
- Lightly grease the muffin cups with avocado oil.
- In a medium sized bowl, mash the bananas with potato masher. Mix in honey, peanut butter, egg, vanilla, and yogurt, mix until well blended.
- In a large bowl, combine flour, cinnamon, baking powder and salt. Make a well in the flour, pour in the liquid ingredients; mix to combine; Stir in extra peanuts. (The batter will be very thick.)
- Spoon mixture into the prepared greased regular muffin cup, filling each about 2/3 full. (You can also make mini muffins cups if desired.)
- Bake in preheated 375-degree F. oven for 17 to 20 minutes or inserted toothpick comes out clean and muffins are lightly browned. Remember if making mini muffins, they will bake quicker.
- Cool about 10 minutes; remove to cooling rack. Yield: 10 regular sized muffins

Cook's Note: The mashed bananas do not have to be perfectly smooth but can have little lumps in the mixture. I use an ice cream scooper to fill the muffin cups.

About the Recipe: These muffins are surely all-purpose since they can be snacks, side dishes, or served for breakfast. They are wholewheat muffins combining the flavors of bananas and peanut butter. Add a touch of cinnamon and some chopped peanuts for a punchy flavor and a little crunch.

How to Use Peanut Butter

Peanut butter contains tryptophan, an amino acid that is a precursor to serotonin. Serotonin plays a role in regulating sleep and mood.

It is also a good source of magnesium and potassium; minerals that help relax muscles and promote sleep.

Peanut butter provides protein and healthy fats, which can help stabilize blood sugar levels and prevent nighttime cravings that may disrupt sleep.

Calorie Intake: A small amount of peanut butter before bed can provide a light snack that may help you feel full and satisfied, promoting sleepiness.

