



## Fruit Filled Muffins

### Ingredients:

1 cup all-purpose flour

1 cup whole wheat flour

1 Tbsp. baking powder

½ tsp. salt

¼ cup sugar OR 1 ripe banana, mashed

1 cup milk (can substitute almond milk)

¼ cup canola oil OR butter

1 cup berries of your choice (strawberries, blueberries, raspberries)

### Directions:

Preheat oven to 375°F. Spray muffin pan with non-stick spray. Mix the flour, baking powder, salt and sugar in a large bowl. Add the egg, milk and oil and stir until combined (batter should still be lumpy). Gently fold in fruit. Fill muffin pan cups two-thirds full. Bake for 25 minutes.