

Banana-Apple-Date Muffins (Vegan, Nut-Free, Soy-Free)

Veggiegirl - Many of the muffin varieties that I bake involve bananas in one way or another - I find that bananas serve as a lovely, flavorful "foundation" for muffins, and work well with many other ingredients (i.e. dried fruits, nuts, carob, etcetera). When I asked my family what type of banana-muffin they would like, I received many requests; however, my dad's request sounded the most intriguing to me, and perfect for the autumn season: Banana-Apple-Date Muffins. Ironically, the abbreviated title of these muffins turns out to be "B.A.D." Muffins; and while these muffins may taste as if they're "bad" for you, they are actually quite the opposite!! They are perfect to enjoy at any time of day, and are a nice change from just a standard, plain banana muffin. Thanks, Dad, for this incredibly delectable new muffin variety!

B.A.D. (Banana-Apple-Date) Muffins

- 1 cup whole wheat flour
- another 3/4 cup whole wheat flour
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- 2 Tablespoons unrefined sugar
- 3 very ripe bananas, mashed
- 1 cup plain or vanilla non-dairy-milk (such as soymilk, ricemilk, oatmilk, etc. – I use oatmilk)
- 1/3 cup applesauce
- 2 Tablespoons agave nectar
- 1/4 cup dried apples, finely chopped
- 1/4 cup seedless dates, finely chopped

Preheat the oven to 400°F and line a muffin pan with cupcake/muffin cups. In a large bowl, combine the flour, baking powder, and cinnamon, and mix well.

In another bowl, mash the banana with the sugar, non-dairy-milk, applesauce, and agave nectar. Add the chopped dried apples and dates to the wet mixture, and stir well to combine.

Pour the wet mixture into the flour mixture, and stir just until combined (do not overmix the batter). Pour into muffin cups and bake for 15-20 minutes, until a toothpick comes out clean.

Makes 12 muffins.

See Veggiegirl's blog for more vegan baking adventures!