

## **Annette's Banana Muffins/Pancakes**

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
flour	1 cup	unbleached white or whole wheat
ground walnuts	½ cup	
baking soda	1 teaspoon	
baking powder	1 teaspoon	
cinnamon	1 teaspoon	
ground cloves	¼ teaspoon	
sugar	2/3 cup	
eggs	2 large	room temperature
vanilla extract	1 teaspoon	
butter	½ cup	melted, but not hot
over ripe bananas	2 large or 3 small	mashed, but not puréed

- In a large bowl, mix together the ingredients from flour to sugar.
- In a small bowl, beat the eggs & vanilla extract until frothy. Beat in the butter, then finally stir in the mashed bananas.
- Fold the wet & dry ingredients together until the flour mixture disappears.

### **FOR MUFFINS:**

- Grease muffin pans or use muffin liners. Fill each cup 2/3 full. Place one chocolate chip on the top. Bake at 350 deg F, 15 to 18 minutes, until a toothpick inserted in the middle comes out clean.
- If using a mini-muffin pan, bake for 12 minutes.

### **FOR PANCAKES:**

- Add enough milk and sparkling water to the batter to make the consistency that you like. Thinner batter makes thinner pancakes, which I like.
- Drop spoonfuls of the batter into several tablespoons of hot oil in a frying pan. When the top bubbles, flip the pancake.

### **FOR LOAF BREAD:**

- Grease an 8" x 4" loaf pan with softened butter. Bake at 350 deg F for 45 to 50 minutes, until a toothpick in the middle comes out clean.
- Let cool in the pan. Cool completely before slicing, or it will fall apart.