

Whole Wheat Banana Spice Muffins

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-banana-muffins-indian-recipe>

Ingredients:

- 2 cups whole wheat pastry flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon canela
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cardamom
- 1 large egg
- 1/3 cup brown sugar packed
- 1/4 cup unsalted butter melted and cooled
- 2/3 cup milk
- 1 1/2 teaspoons vanilla extract
- 2 bananas medium ripe, mashed
- 1/4 cup unsalted butter
- 3/4 cup powdered sugar
- 1/2 teaspoon vanilla extract
- 1 1/2 tablespoons milk

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 40 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 170 milligrams
9. Sugar: 15 grams

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