

Banana Walnut Muffins

2 cups flour

1 tablespoon baking powder

½ tsp salt

¾ cup toasted coarsely chopped walnuts or pecans

½ cup Phase, melted

¾ cup brown sugar

2 eggs beaten

2 tsp vanilla

3 ripe bananas mashed

Pre-heat oven to 375-degrees.

Sift together in one bowl flour, baking powder and salt. In another bowl combine Phase and sugar. Add eggs and vanilla, mix well. Stir in mashed banana until well combined. Add flour mixture to butter mixture, stir until flour is combined.

Spoon into muffin tins lined with paper cups. Bake approximately 20-25 minutes or until muffins are firm set in center.