

Banana Blueberry Muffins

1/3 c non-hydrogenated shortening or margarine
1/2 c brown sugar
1-1/2 c mashed bananas (about 3 bananas)
2 eggs
1/4 t lemon extract (or 1 t freshly grated lemon zest)
1-1/4 c whole wheat pastry flour
1 c unbleached white flour
3/4 t baking powder
3/4 t baking soda
3/4 t salt
1-1/2 c frozen blueberries, rinsed and dried

Heat oven to 350 degrees.

In a mixing bowl, beat together shortening or margarine and brown sugar until light and fluffy.

Mix in banana, egg, and lemon extract or zest.

Combine flour, baking powder, baking soda, and salt. Blend dry ingredients gently into the banana mixture. Do not overstir. Before the flour is completely integrated, add the blueberries and fold gently until all are just combined

Makes 16-18 muffins. Fill muffin cups 2/3 full. Place muffin pan on an insulated cookie sheet.

Bake in middle of oven for 20 minutes.