

Banana Cherry Muffins (from chicagojogger.com)

Yields: 1 dozen muffins

Ingredients~

1 cup white flour
1 cup whole wheat flour
1/2 cup brown sugar
1/2 cup apple sauce
1 cup tart cherries
2 ripe bananas
2 eggs
1 teaspoon baking soda
1 teaspoon vanilla
1/4 teaspoon salt

How to~

*Mix dry ingredients in a bowl - flours, sugar, baking soda, and salt.

*If your cherries are frozen {like mine were}, make sure you drain them of extra liquid before adding to the muffins. {I added mine to a pan on medium low and cooked them for ~5 minutes until they were no longer frozen}. Drain and discard the juice from the cherries and set aside.

*Mix the wet ingredients in a mixer on low - eggs, bananas, vanilla and applesauce.

*Add the dry ingredients slowly, mixing only to combine. Stir in the cherries.

*Bake at 350 degrees in greased muffin tins or cups for ~20 minutes, until a knife comes out clean.