



SECRET AGENT JOSEPHINE'S SALTED BANANA PECAN MUFFINS*



INGREDIENTS:

3 large bananas mashed (about 1.5 cups)
2/3 cup sugar
2/3 cup vegetable oil
2 eggs
2 cups flour
1 tsp cardamon
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
large crystals of salt for garnish
1 cup chopped pecans (save 12 whole for decoration)

INSTRUCTIONS:

Preheat oven to 325° F

Line muffin tin with muffin papers.

Mix bananas, sugar, oil and eggs in a large bowl.

Stir in remaining ingredients and pour into a paper-lined muffin tin. Top with whole pecans and salt flakes as garnish.

Bake for 30 minutes or until a toothpick comes out clean.

Makes 12 muffins. (or more if you don't over fill like I do)

*adapted from Alpha Bakery Gold Medal Children's Cookbook