Everything Muffins

Ingredients

- 1 cup whole wheat flour
- 1/2 cup flour
- 1/4 cup gound flax seed or meal
- 1 cup rolled oats
- 1/2 cup brown sugar
- 1/2 tsp salt
- 1 tsp baking soda
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 cup walnuts, chopped
- 1/2 cup raisins
- 1 cup buttermilk
- 1 egg
- 1 banana, mashed
- 1/2 cup applesauce
- 1/2 cup molasses
- extra buttermilk as needed for thinning

Summary

Yield: 12
Source: The Pioneer Woman
Prep Time: 45 minutes
Category: Cakes
Cuisine: American

Instructions

Preheat the oven to 350 F. Thoroughly grease a 12-count muffin pan.
In a large bowl, combine flours, flaxseed meal, oats, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, and raisins. Stir together until combined.

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In a separate bowl, mix together the buttermilk, egg, banana, applesauce and molasses.
Pour the wet ingredients into the dry ingredients, stirring until it just barely comes together. Batter should be wet and sticky; if needed, splash in a couple extra tablespoons of buttermilk.
Scoop 1/4 cup helpings into the muffin cups and bake for 16-18 minutes, or until deep golden brown.
Serve with softened butter and jelly if you're a rebel like me.

Notes

i replace raisins with chocolate chips