

Banana Pistachio and Chia Muffins



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Ingredients

Prepare

2 sticks butter (8 ounces) Unsalted (melted and lightly browned in a saucepan) set aside

1 ½ cups nuts (lightly toasted in a saucepan) set aside

Blend together in one bowl

4 large overripe Bananas (mashed 3 cups)

2 cups buttermilk

1 ½ cups light brown sugar (I used dark)

Blend in the melted and browned butter

Whisk Together in a another bowl

3 ½ cups of cake flour

2 Tbsp baking powder

2 tsp baking soda

1 tsp salt

4 tsp poppy or chia seeds (I used Chia)

Mix the dry and wet together (including the butter) then fold in the nuts. Do not overmix. Just until blended together.

Fill the muffin tins $\frac{2}{3}$ rds full and sprinkle with a mixture of 2 Tbs sugar and $\frac{1}{2}$ tsp cinnamon

This makes 36 regular size muffins or as I did a mix of large and small 21 medium and 12 large muffins. Bake at convection 325 - regular oven 350 for about 20 minutes or until browned and the tops spring back when pressed.

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