Strawberry Banana Muffins

The key to baking anything with bananas is making sure they are very ripe, and I mean very. When you think they couldn't possibly get any mushier, leave them for another 4 days. The skins should be nearly black and if you see fruit flies starting to buzz around your kitchen, they're ready.

Also, when it comes to the flour in this recipe, if you don't have whole wheat pastry flour or don't like it, you can use 2 1/4 cups unbleached or all purpose flour.

Preheat the oven to 350° and line a 12 cup muffin pan with paper liners or grease and flour cups.

In a large bowl combine the flours, baking powder, baking soda, cinnamon and salt. Gently stir in the strawberries being careful not to smash them but making sure they are coated. Depending on their size, about 6-8 strawberries equals one cup chopped.

In a medium bowl thoroughly mash the bananas. Whisk in the sugar, eggs and vanilla and then add the melted butter.

Add the wet ingredients to the dry ingredients and stir until just combined, careful not to over mix. Batter will be thick. Divide the batter evenly among the tins and bake for 20 minutes at 350° or until a toothpick inserted in the center comes out clean. Cool in tins on a wire rack for 15 minutes before removing and allowing to cool completely.

INGREDIENTS

1 1/4 cup whole wheat pastry flour

1 cup unbleached flour

1 1/2 tsp baking powder

1/4 teaspoon baking soda

1 tsp cinnamon

1/8 teaspoon salt

1 cup fresh strawberries, chopped

3/4 cup brown sugar

2 large eggs, lightly beaten

1 tsp pure vanilla extract

2 large very ripe bananas

1/2 cup butter, melted, cooled slightly

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