

- ***Banana Muffins***

- Preheat oven to 190 degrees.
- Mix in a large bowl together:
 - 6 cups of white flour
 - 1.5 tablespoons baking soda
 - 1.5 tablespoons baking powder
 - 1.5 teaspoons salt
- Mix in another large bowl:
 - 16 ripe bananas
 - 1/5 cup lemon juice
 - 3 cups maltitole
 - 1 cup apple suace
 - 1/2 cup oil
- Mix both mixtures and add:
 - 2 cups of minced sugared almonds (the ones in the green package)
- Fill up in muffin cups and sprinkle over the muffins minced sugared almonds.
- Bake for 22 minutes.