

Banana-Walnut Muffins with Medjool Dates

This recipe is a variation on my [Cinnamon Kabocha Muffins](#). They are hearty, wholesome, and quite healthful, perfect for a briefcase, lunchbox, or just to shove in your mouth when you're especially hungry.

Makes 14 muffins

1 cup whole wheat pastry flour
3/4 cup all-purpose flour
3/4 cup wheat bran (not wheat germ)
3/4 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/8 teaspoon nutmeg
2 eggs
1/4 cup dark brown sugar
1/3 cup canola oil
1/2 teaspoon vanilla
3 very ripe (brown speckled) bananas
10 moist Medjool dates (pits discarded), halved and chopped (you may want to coat your knife with nonstick spray before chopping)
3/4 cup toasted walnuts, chopped

Coarse (demerara) sugar, for sprinkling (optional)

Preheat the oven to 350 degrees. Generously coat 14 muffin cups with nonstick spray. Because this recipe yields 14 muffins, if you have 2 muffin plaques with 12 cups each, plan to spray and fill 7 cups on each plaque to keep things even.

In a large bowl, whisk together the two flours, wheat bran, baking soda, salt, cinnamon, and nutmeg.

In a medium bowl, whisk together the eggs, brown sugar, oil, and vanilla. Place the ripe bananas and half of the dates in a shallow bowl or on a plate and mash together (use a potato masher) until evenly combined. Scrape into the egg mixture and stir well to blend.

Pour the wet ingredients over the dry ingredients, and stir well with a wooden spoon or rubber spatula until all the flour particles have been absorbed and the batter is uniformly moist. Don't overbeat. Gently fold in the remaining chopped dates and the toasted walnuts. Sprinkle with coarse sugar, if desired.

Divide the batter among the muffin cups. Bake for about 22 minutes, or until a skewer comes out clean. Cool for about 5 minutes, then unmold onto a wire rack.