

Angel Butter Banana Muffins

Makes 18 Muffins, ¼ cup muffin with 1.3 teaspoons of Angel Butter per Muffin
Pre-Heat Oven to 350°F. Grease muffin pan.

- WARM WET INGREDIENTS: *Mix in a sauce pan on low heat with a spoon.*
- *Warm the Angel Butter and Butter together until the butter melts*
- *Melt the Brown Sugar into the warm mix.*
- *If you are adding Cannabis Flour, Kief or Hash Oil -----*
- *Melt & Stir the Flour, Kief or Hash Oil into the warm mix.*
- *Melting the Kief activates the THC which bonds to the Angel Butter.*

½	Cup	Angel Butter
2	TBSP	Butter, melted
¼	Cup	Molasses
½	Cup	Honey
¼	Cup	Brown Sugar, fold into the warm mix

- COOL WET INGREDIENTS: *Mix in a medium bowl with a wire whisk.*
- *Mash Bananas in the bowl, still lumpy*
- *Mix other ingredients with the mashed banana.*

3	Large	Bananas (Very, Very Ripe), Mashed
2	Large	Eggs
6	tsp	Vanilla Extract
½	Cup	Yogurt (Honey / Vanilla)

- DRY INGREDIENTS: *Mix in a large bowl with a wire whisk.*

2	Cups	Whole Wheat Pastry Flour (substitute as desired)
1	tsp	Baking Soda
2	tsp	Cinnamon
½	tsp	Nutmeg
½	tsp	Salt

- FINAL MIX:
- *Mix warm wet sauce pan into the cool wet bowl.*
- *Mix wet bowl & dry bowl ingredients together until consistent but still lumpy.*
- *Add up to 1/2 more cup of Whole Wheat Pastry Flour if too wet.*
- *Add up to 1/4 more cup of Yogurt if too dry.*
- *Add Walnuts or other goodies at this point if you wish.*

Bake for 30 minutes or until done. Test with a toothpick until it comes out clean.

