

Cinnamon crunch muffins

3 large ripe bananas
1/3 cup plain nondairy yogurt
1/3 maple syrup
1 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon fine grain sea salt
1 1/2 cups spelt flour
1/4 cup chocolate chips, optional
4 to 5 teaspoons turbinado sugar (or another large-crystal sugar, such as demerara)

Position an oven rack in the center position, and preheat the oven to 350 degrees. Lightly oil a jumbo six-muffin tin, or add liners.

In a large bowl, mash the bananas. Add the yogurt, maple syrup, baking powder, baking soda, cinnamon and salt, and beat with a wooden spoon until the batter is smooth and free of most lumps (a few small lumps of banana are okay). Gently fold in the spelt flour and chocolate chips. Portion the batter into your muffin tin cups in 1/4 cup increments – if any batter remains, distribute evenly. Sprinkle 1/4 to 1/2 teaspoon of the turbinado sugar over the top of each muffin and bake for 20–25 minutes. The muffins are done when they spring back when touched.