

Make Banana Muffins with Freely Vegan Muffin Mix:

1. Preheat your oven to 450 degrees.
2. Line your muffin tin(s) with paper liners. The mix will make 6 jumbo muffins, 12 regular muffins, or 36 mini muffins.
3. Open the bag of muffin mix and add 1/2 tsp of baking soda and 1/2 tsp of ground ginger. (The ginger is optional but it makes the muffins even better!) Set the bag aside for now.
4. Melt 3/8 c (84 g) of vegan butter (Earth Balance) in your microwave in a medium-sized glass or plastic bowl.
5. Add 2 tsp (10 g) of vinegar, 3/8 cup (90 g) original soy milk, and 1 1/2 cups (360 g) of mashed banana to the melted vegan butter. Whisk together to combine the wet ingredients. (You will need about 3 medium-sized bananas to make 1 1/2 c of mashed banana. It's also best to use very over-ripe bananas with lots of brown spots for the best flavor.)
6. Add the bag of muffin mix (with the added soda and ginger) to the bowl with the banana mixture. Whisk together well until all of the mix is incorporated. The batter will be fairly thick. Let the batter stand for 10 minutes.
7. Stir the batter to release the built up air bubbles, then stir in your mix-ins and fill your muffin cups equally. You can add up to 1 1/4 cups of total mix-ins, such as chocolate chips, raisins, Craisins, berries, or chopped nuts, but do not use more than 3/4 cup of any individual mix-in. (The one exception is for berries - you can use the full 1 1/4 cup for berries.) Note: your muffin cups will be quite full and it's ok to mound the batter up to use all of it.

8. For mini muffins, bake for five minutes at 450 degrees Fahrenheit, then reduce the temperature to 400 and bake for an additional 11 to 14 minutes, until the tops are golden brown and bounce back when lightly pressed.
9. For regular-size muffins, bake for five minutes at 450 degrees Fahrenheit, then reduce the temperature to 400 and bake for an additional 17 to 19 minutes, until the tops are golden brown and bounce back when lightly pressed.
10. For jumbo muffins, bake for five minutes at 450 degrees Fahrenheit, then reduce the temperature to 375 and bake for an additional 27 to 28 minutes, until the tops are golden brown and bounce back when lightly pressed.
11. For all muffin sizes, keep the oven door shut until you need to check for doneness. You do not need to rotate the pan and opening the door lets too much heat out. Also, if you are using frozen berries, increase the cooking time by 1 to 2 minutes for mini muffins, 2 to 3 minutes for regular muffins, and 3 to 5 minutes for jumbo muffins.
12. Place the pan on a rack and let the muffins cool in the pan for two minutes before removing them to the rack to finish cooling. Let your muffins cool down completely, or serve them slightly warm.
13. The muffins freeze and defrost beautifully, so freeze any muffins that you won't eat the day you bake them. Store them in a ziplock bag in the freezer. To defrost, place three mini muffins or one regular or jumbo muffin upside down in the microwave. Heat on 50% power for 45 to 90 seconds (less for mini and more for jumbo), then turn the muffin right side up and heat on 50% power for another 30 to 60 seconds until the muffin is defrosted and hot all the way through. Let the muffin cool to just warm before eating.

