

Everything
Herbal

by
Cheryl Jabz



Cooking
with herbs
for health,
flavor &
tradition.

Fenugreek BANANA WALNUT MUFFINS

INGREDIENTS

- 2 ripe bananas
- 1½ cups flour
- 1 tsp baking powder
- ¼ tsp ground fenugreek
- ½ tsp cinnamon
- 1 egg & ⅓ cup honey
- ½ cup chopped walnuts

INSTRUCTIONS

1. Mash bananas.
2. Stir in egg and honey.
3. Add dry ingredients.
4. Fold in walnuts.
5. Fill muffin cups.
6. Bake at 350°F (175°C) for 18–20 minutes.

HERBAL BENEFITS

Soft banana muffins with warm cinnamon and a gentle hint of fenugreek, plus hearty walnuts for texture.

SCAN ME



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