

Banana Oatmeal Muffins

Ingredients

- 1 cup oats (quick-cooking or old fashioned rolled)
- ¼ cup low-fat milk
- 2 eggs
- ⅓ cup vegetable oil
- 1 cup mashed ripe banana
- 1 ½ cups whole-wheat flour
- ½ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruit under running water before preparing.
3. Preheat oven to 400 degrees F. Lightly grease the bottoms and sides of 12 muffin cups.
4. In a medium bowl, mix together the oats, milk, eggs, oil, sugar and mashed banana. Let this mixture stand for at least 10 minutes.
5. In a large bowl, stir together the flour, baking powder, baking soda and salt.
6. Add oat mixture to dry ingredients and stir gently to mix until just moistened.
7. Fill muffin cups ¾ full.
8. Bake until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.

