

Banana oat muffins



Recipe by: Karen Resciniti, Allrecipes.com

What you need

- 1 ½ cups all-purpose flour
- 1 cup rolled oats
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/3 cup vegetable oil
- 1 cup mashed bananas
- Muffin cups or muffin tins

Servings: 12

Preparation (35 minutes):

1. Combine flour, oats, sugar, baking powder, soda, and salt
2. In a large bowl, beat the egg lightly. Stir in the milk and oil. Add the mashed banana, and combine thoroughly. Stir the flour mixture into the banana mixture until just combined
3. Line a 12-cup muffin tin with paper bake cups, and divide the batter among them
4. Bake at 400 °F (200 °C) for 18 to 20 minutes