

Banana Muffins

Makes 12 muffins.

½ cup	all purpose flour	125 ml
½ cup	whole wheat flour	125 ml
2 ½ tsp	baking powder	12 ml
¼ tsp	baking soda	1 ml
¾ cup	rolled oats	175 ml
½ cup	white sugar	125 ml
¼ cup	lightly packed brown sugar	50 ml
½ cup	raisins (optional)	125 ml
2	medium, ripe bananas	2
1	egg	1
½ cup	milk (made from skim milk powder)	125 ml
3 tbsp	margarine, melted	45 ml

1. Put the all purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, brown sugar and raisins, if desired. Set aside.
2. Mash banana in a medium bowl. Add egg, milk and melted margarine. Mix well.
3. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix.
4. Turn on oven to 375°F (190°C). Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
5. Bake in oven until tops are firm when lightly touched with your finger, about 18 to 20 minutes.
6. Remove muffins from the tin and cool.

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