

BANANA NUT MUFFINS

Source: Easy to Bake, Easy to Make

Cook/Prep Time: less than 45 minutes

INGREDIENTS:

1 1/2 C all-purpose flour
1/2 C toasted wheat germ
1 TBS baking powder
1/4 tsp salt
2 ripe bananas, mashed
5 TBS butter, melted
Cinnamon sugar (optional)

1 C chopped walnuts
1/2 C brown sugar
1 tsp cinnamon
1/4 tsp ground nutmeg
3/4 C milk
1 egg
Cooking spray

DIRECTIONS:

Preheat oven to 400° F - fit 12 muffin cups with paper liners - coat each with cooking spray.

In large bowl, mix flour, walnuts, wheat germ, brown sugar, baking powder, cinnamon, salt and nutmeg - stir in bananas, milk butter and egg - mix just till blended.

Using an ice-cream scoop, fill muffin cups evenly with batter - sprinkle with cinnamon sugar.

Bake till toothpick comes out clean (20-22 minutes). Cool 1 minute, then remove from muffin pan - cool on wire rack.

Makes: 12 muffins