

# Banana Bran Muffins



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**Makes 12 Servings**

## What You Need

|                              |                                    |
|------------------------------|------------------------------------|
| 1 1/4 cups whole wheat flour | 1/3 cup brown sugar                |
| 1/2 cup rolled oats          | 1 egg                              |
| 1/2 cup natural bran         | 1 cup mashed banana ( 2-3 bananas) |
| 1 tsp baking powder          | 1/2 cup buttermilk or sour milk*   |
| 1 tsp baking soda            | 2 tbsp molasses                    |
| 1/4 tsp salt                 | 3/4 cup raisins                    |
| 1/3 cup canola oil           |                                    |

\*Sour milk by adding 1 tbsp. vinegar into 1/2 cup milk

## How You Prepare

Mix oil, brown sugar and egg together. Stir in mashed banana, buttermilk/sour milk and molasses. Add dry ingredients and raisins and stir just until moistened. Fill 12 muffin cups 3/4 full of batter. Bake 375 degrees F for 20 to 25 minutes.

Variation: add 1/3 cup chopped nuts.

## Per Serving

Calories 205  
Carbohydrates 34 g  
Protein 4 g  
Fat 7 g  
Dietary Fiber 4 g