

## Banana Oat Muffins

### Ingredients:

Non stick spray  
 2 1/4 cups quick cooking oats  
 1/4 cup brown sugar, packed  
 1 1/2 teaspoon cinnamon  
 1 tablespoon baking powder  
 1 banana, mashed  
 1 egg  
 1/2 cup orange juice  
 3/4 cup nonfat milk  
 2 tablespoons canola oil  
 3/4 cup applesauce  
 2 tablespoons raisins

### Equipment:

Large mixing bowl  
 Medium mixing bowl  
 Large spoon  
 Muffin tin  
 Measuring cups  
 Measuring spoons

Number of Servings: 12

Prep Time: 30 minutes

Total time: 30 minutes

### Directions

1. Preheat oven to 425°F. Spray muffin tin with a non-stick spray or use paper liners.
2. Measure the oats and put in a large bowl. Take brown sugar and pack into a 1/4 cup dry measure until full and level. Add to bowl. Measure and add cinnamon and baking powder to bowl, and set aside.
3. Peel the banana and mash it with a fork and add to a medium bowl. Crack the egg into a glass and check for shells and freshness. if it is OK, add to bowl with bananas.
4. Measure and add orange juice, milk, oil, applesauce and raisins to the banana bowl. Mix well. Pour the liquid ingredients to the dry ingredients and stir until moist. Lumps are OK. Do not over stir. Pour batter into muffin tins. Bake for 15-17 minutes until brown. Let cool for 10 minutes and remove from tin.

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### Nutrition Facts

Serving Size: 1 muffin

Servings: 12

Amount Per Serving

**Calories 139**      Calories from Fat 36

%Daily Value\*

**Total Fat 4g**      8%

Saturated Fat 1g      4%

**Cholesterol 18mg**      6%

**Sodium 139mg**      6%

**Total Carbohydrate 24g**      8%

Dietary Fiber 2g      9%

**Protein 4g**      7%

Vitamin A 2%      Vitamin C 11%

Iron 7%      Calcium 11%

\*Percent Daily Values are based on a 2,000 calorie diet.



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