

BANANA BRAN MUFFINS

1 1/2 cups Bran Flakes cereal
1 cup mashed ripe bananas (3 medium)
1/2 cup milk
1 egg
3 tablespoons vegetable oil
1 cup all-purpose flour
1/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/8 teaspoon ground nutmeg



Preheat oven to 400°F. Grease or paper line 12 (2 1/2-inch) muffin cups. Combine cereal, banana, milk, egg and oil in bowl; mix well. Let stand 5 minutes; stir to break up cereal. Combine flour, sugar, baking powder, baking soda and nutmeg in separate bowl. Add cereal mixture all at once to flour mixture, stirring just until moistened. Divide evenly among prepared muffin cups. Bake 20 to 25 minutes or until tester inserted in center comes out clean. Serve warm.

Makes 12.

Nutrition information per muffin: 123 calories, 20g carbohydrate, 2.5g protein, 4g fat, 18mg cholesterol, 112mg sodium, 1g dietary fiber.



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