
WHOLE WHEAT BANANA MUFFINS

1 cup	Oats
3 TBS	Sugar
1 cup	Whole wheat flour
½ tsp	Salt
2 ½ tsp	Baking powder
1 cup	Banana, mashed (3 bananas)
1	Egg
¼ cup	Nonfat milk
2 TBS	Oil

- Mix dry ingredients together.
- In a separate bowl mix wet ingredients.
- Combine together and spoon into a greased muffin tin.
- Bake @ 350 degrees for 15-20 minutes.

10 muffins