

Oat Bran and Banana Muffins

3/4 cups flour
1 cup oat bran
1/3 cup granulated sugar
1/3 cup brown sugar
1 tsp. baking powder
1/2 tsp. salt

1/4 cup butter, melted
1/2 cup buttermilk
1 tsp. vanilla
1 egg white
1 whole egg

2 ripe bananas, chopped fine
1 cup chopped nuts (walnuts, almonds OR pecans)

1. Preheat the oven to 350 degrees.
2. Grease 12 muffin cups, or line with paper muffin cups.
3. In a large bowl, combine dry ingredients thoroughly (first six ingredients).
4. In a medium bowl, whisk together the buttermilk, butter, eggs, and vanilla.
5. Add the wet ingredients to the dry ingredients. Mix just until moistened.
6. Fold-in the bananas and 1/2 cup nuts.
7. Fill each muffin cup 2/3 full. Sprinkle the remaining nuts over the top of the muffins.
8. Bake at 350 degrees for 17-20 minutes, or until cooked through