

# Banana Bran Muffins

*libby Storts*

*The Church of St. Michael and St. George - St. Louis, MO - 1980*

## **Yield: 12 muffins**

*1 1/4 cups whole-wheat  
flour  
1/2 cup sugar  
3 teaspoons baking powder  
1 1/2 cups whole bran or  
bran cereal  
3/4 cup skim milk  
1 cup (two medium) ripe  
bananas, mashed  
1 egg  
1/4 cup oil*

Preheat the oven to 400 degrees.

Grease a twelve-cup muffin pan or insert paper cup liners.

In a bowl, sift the flour, sugar and baking powder.

In a medium-size bowl, combine the bran, milk and banana. Let stand for a few minutes for the bran to soften. Beat in the egg and oil. Stir in the flour mixture until the flour is moistened. Pour into the muffin cups.

Bake for 25 minutes or until golden.

Remove from the pan and cool on a rack.

---

Per Serving (excluding unknown items): 1523 Calories; 63g Fat (35.6% calories from fat); 33g Protein; 221g Carbohydrate; 18g Dietary Fiber; 215mg Cholesterol; 1636mg Sodium. Exchanges: 7 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 12 Fat; 7 Other Carbohydrates.