

# Banana Oatmeal Muffins

Makes: 10 Servings

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Ingredients	Weight	Measure
Vegetable cooking spray		As needed
Banana, mashed, ripe		1 cup
Vegetable oil		2 Tbsp
Eggs, large		1 egg
Milk, low-fat		1/4 cup
Vanilla extract		1 tsp
Flour		3/4 cup
Quick-cooking oats		3/4 cup

Sugar	1/2 cup
baking powder	1 Tbsp
Cinnamon	1 tsp
Salt	1/4 tsp

## Directions

1. Preheat oven to 350 degrees.
2. Spray 10 muffin cups with cooking spray.
3. Peel bananas and place them in a medium-size bowl.
4. Mash bananas with a fork.
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about  $\frac{1}{4}$  cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.

10. Run a butter knife around the outside edge of each muffin to loosen, and lift out to serve.

**Source:** New York CACFP