

# Banana-Nut Muffins



PREPARATION TIME  
**10 minutes**



COOKING TIME  
**15 minutes**



PERFECT PARTNER  
**peanut butter**



These muffins are a great money-saving snack to bring along on your next family picnic. They require no refrigeration and are a welcome change from store-bought cookies!

## SHOPPING LIST

• bananas • walnuts

## ON HAND

• flour • sugar • baking powder  
• salt • milk • egg • oil

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## INGREDIENTS

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1 egg, beaten
- 1/3 cup vegetable oil
- 3/4 cup mashed banana
- 1/2 cup chopped walnuts

MAKES 12 MUFFINS

COOKIN'  
*Express*

- Save on preparation time. Sift flour right into a storage canister to have on hand for recipes that require sifted flour.
- To ensure round muffin tops, grease only the bottom and halfway up the sides of each muffin cup.

## Make Ahead

Leftover muffins can go a long way. Lightly toast muffins, then crumble to create a tasty topping for fresh fruit salad or fruit compote.

## ♦ VARIATION

*Blueberries or raisins may be substituted for the mashed banana in this versatile muffin batter.*

- 1** Preheat oven to 400°F. Grease a 12-cup muffin pan. Sift flour, sugar, baking powder and salt into a medium bowl; make a well in center.



- 2** Mix milk, egg, oil, banana and walnuts in a small bowl. Pour mixture into well.

- 3** Mix batter just until moistened; do not overmix.



- 4** Spoon batter into prepared muffin cups. Bake until a toothpick inserted in center comes out clean or until muffins are golden brown, about 15 minutes.