



Oat Bran Banana Muffins

Ingredients

Weights

All Purpose Flour	1 c
Oat Bran Cereal	3 c
Chopped Walnuts	¼ c
Raisins	¼ c
Diced Apples	½ c
Skim Milk	½ c
Honey	½ c
Egg Whites	6
Vegetable Oil	¼ c
Chiquita Banana Puree	16 oz

Method

Combine flour, oat bran, walnuts, raisins, apples in mixing bowl and mix together. Add skim milk, honey, egg whites then vegetable oil. Blend in Chiquita Banana Puree. Bake at 350 for 15-20 minutes.

