

L I V E

G E N E

R O U S

L Y

Banana Muffins

1 Cup All Purpose Flour

$\frac{3}{4}$ Cup Granulated Sugar

$\frac{1}{2}$ Cup Oat Bran

$\frac{1}{3}$ cup Melted Shortening or Butter or Vegetable Oil

1 tsp Baking Powder

1 $\frac{1}{2}$ cups Mashed Bananas (3 or 4 bananas)

1 tsp Baking Soda

$\frac{1}{2}$ Cup Raisins (optional)

$\frac{1}{2}$ tsp Salt

$\frac{1}{2}$ Cup Chocolate Chips (optional)

1 Egg

Preheat oven to 375 degrees.

Whisk to combine flour, oat bran, baking powder, baking soda and salt in large mixing bowl. In a separate bowl, beat egg, sugar, shortening and bananas together thoroughly. Mix in the optional ingredient if desired. Add banana mixture to the dry ingredients. Stir just until moistened. Fill greased muffin cups (or use paper liners) $\frac{3}{4}$ full.

Bake at 375 for 20 to 25 minutes or until top springs back when lightly touched.