

Oat Bran Banana Raisin Muffins

Makes 18

Ingredients:

- 4 Egg Whites (or 2 eggs) – lightly beaten
- 1 cup skim or 1% milk
- 1/3 cup canola oil
- 1 cup Splenda (or white sugar)
- 6 mashed ripe bananas
- 2 tsp vanilla
- 1½ cups whole wheat flour
- ½ cup all-purpose flour
- ½ tsp baking soda
- 2 tsp baking powder
- 2 cups oatbran (or wheat bran if you wish)
- 1 cup raisins or blueberries or chocolate chips



Instructions:

1. Combine egg whites (eggs), milk, oil, and Splenda (sugar), and vanilla in a bowl and mix well.
2. In another bowl, mix flour, baking soda, baking powder, oatbran, and raisins (blueberries/chocolate chips).
3. Stir in liquid mixture just until moistened.
4. Spray muffin tin and spoon batter into tin. Make each about 2/3 full.
5. Bake at 400° F for 15-25 minutes.

Makes 18 medium sized muffins