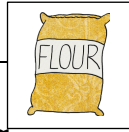


Banana Muffins

Ingredients:

1 cup all-purpose flour



1 cup whole wheat flour

½ granulated sugar



2 tsp baking powder



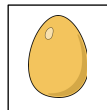
½ tsp baking soda



½ tsp ground nutmeg

½ tsp ground allspice

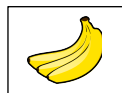
1 egg



½ cup buttermilk (or milk
+ 1 tbsp vinegar)



½ cup mashed bananas,
very ripe

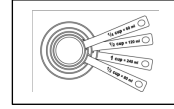


1/3 cup oil



Supplies:

Measuring cups



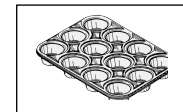
Teaspoon measures



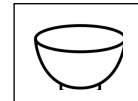
Paper baking cups



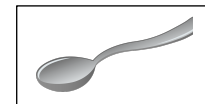
Muffin tray



2 Large Bowls



Large Spoon



Steps:

1. Preheat oven to 400 degrees F.
2. Spray pans with a nonstick cooking spray or line with paper baking cups.
3. In a large bowl, combine the flours, sugar, baking powder, baking soda, nutmeg, salt and allspice.
4. Beat the egg in a separate bowl. Add the buttermilk, banana and oil. Mix well.
5. Add the dry ingredients. Stir until all the dry ingredients are moistened.
6. Divide the batter evenly among the muffin cups, filling each $\frac{2}{3}$ full.
7. Bake for 10-15 minutes, or until light golden brown and a toothpick inserted in the center comes out clean. Immediately remove the muffins from the pan.