



Date Banana Muffins

Ingredients:

- 1 ¼ cups all purpose flour
- 2 cups Our Family® High Fiber Bran Flakes Cereal, crushed
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup pitted chopped dates
- ¾ cup buttermilk
- ¼ cup vegetable oil
- 1 egg, lightly beaten
- 1/3 cup honey
- ½ cup mashed ripe banana
- ¼ cup chopped walnuts (optional)

Directions:

- 1) Heat oven to 400°F. Liberally grease a 12-cup muffin pan (or use paper liners).
- 2) In a large bowl, combine flour, cereal, cinnamon, baking powder, baking soda, and salt. Stir in dates; set aside.
- 3) In a medium bowl, blend together buttermilk, oil, egg, honey, and banana. Mix into dry ingredients, stirring just until moisten.
- 4) Spoon batter into prepared muffin pan, filling cups 2/3 full. Sprinkle with walnuts.
- 5) Bake for 15 minutes or until golden brown and a toothpick inserted in center comes out clean. Cool for 5 minutes in pan; finish cooling on a wire rack.

Yield: 12 muffins



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