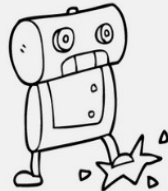


Banana Muffins

1 1/4 cups flour
1 cup oat flakes
1 1/2 teaspoons baking powder
1 teaspoon baking soda
2/3 cup white sugar
3 bananas
1/2 cup milk
1/3 cup vegetable oil
1 teaspoon vanilla extract
1/8 teaspoon cinnamon
1 egg



1

In a large bowl, combine the flour, oatmeal, baking powder, baking soda and sugar. Mix well with a spoon.

2

Mash the bananas (with your hands, it's even funnier) and add them to the mixture.

3

Add the rest of the ingredients and mix well with an electric mixer.

4

Place paper trays in a cupcake mold. The recipe will make about 15 muffins.

5

Pour the batter into the molds and bake in a preheated 350 °F oven for about 15 minutes. Cooking time may vary depending on the type and size of molds used and the characteristics of your oven. The baking time will be reached when a toothpick inserted in the center comes out dry and the tops of the muffins will have a light golden appearance.

