



BANANA OAT BRAN MUFFINS WITH NO ADDED SUGAR



TIME
35 MINUTES



SERVING
12 PEOPLE



DIFFICULTY
3/10

INGREDIENTS

2 1/4 cups oat
bran

1 tbsp baking
powder

1/2 tsp
cinnamon

1/8 tsp
nutmeg

1 cup mashed banana

1/2 cup milk of
your choice

2 egg whites

2 tbsp oil

1/2 cup raisins

INSTRUCTIONS

- 1.** Preheat the oven to 220°C/425°F
Grease muffin cups
or muffin tray.
- 2.** Combine the dry ingredients in 1
bowl.
In another, mix the banana, the
milk, egg whites, and oil together
until they are well combined.
- 3.** Add the wet to the dry and mix
until it is combined. Then add the
raisins and combine.
Put them into the muffin tins.
- 4.** Bake for 18-25 minutes or until
golden.