



# Banana Nut Muffins

## Ingredients:

2 cups self-rising flour  
1/3 cup cooking oil  
1 large egg  
1 cup mashed ripe bananas  
1/2 cup milk  
1 tsp vanilla extract  
1/2 cup chopped nuts (pecans or walnuts)  
1/2 cup sugar, optional

## Instructions:

In a mixing bowl combine above ingredients and mix until blended. Place it in well-greased muffin pan. Makes 12 large muffins. Distribute batter evenly in all 12 cups. Top with Recipe #151: Streusel and Bake at 350°F for 25-30 minutes.



To make a low sugar option banana muffin, omit sugar and streusel topping.