

## Banana Nut Muffins (no sugar option)

**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)**

In a mixing bowl combine above ingredients and mix until blended. Place in well-greased muffin pan. Makes 12 large muffins. Distribute batter evenly in all 12 cups.



Top with Streusel and Bake at 350 degrees for 25-30 minutes.

## Streusel Topping (optional)

**4 TBSP. SALTED BUTTER, ROOM TEMP.**

**1/2 CUP PACKED BROWN SUGAR**

**1/2 CUP FLOUR**

**1/2 CUP CHOPPED PECANS (OPTIONAL)**

In a glass bowl combine all ingredients and use a blending fork or utensil to cut margarine into dry ingredients. Mixture should be crumbly. Sprinkle over muffins before baking.

*LOW SUGAR OPTION: DO NOT USE SUGAR IN MUFFINS OR IN STREUSEL TOPPING!*