

Banana Nut Muffins (no sugar option)

2 CUPS SELF-RISING FLOUR
1/3 CUP COOKING OIL
1 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 TEMPERATURE)
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!