

Monkey Muffins

Ingredients

- *1 ½ cups bran flakes cereal*
- *1 cup mashed ripe banana (3 medium)*
- *½ cup milk*
- *1 egg*
- *3 TBSP vegetable oil*
- *1 cup all-purpose flour*
- *¼ cup sugar*
- *2 teaspoon Baking powder*
- *¼ teaspoon baking soda*
- *1/8 teaspoon ground nutmeg*



Directions:

1. *Pre-heat oven to 400 degrees. Grease or paper line 12 standard muffin cups.*
2. *Combine cereal, banana, milk, egg, and oil in a bowl; mix well. Let stand 5 minutes.*
3. *Combine flour, sugar, baking powder, baking soda and nutmeg in separate bowl.*
4. *Add cereal mixture all at once to flour mixture, stirring just until moistened.*
5. *Divide evenly among prepared muffin cups.*
6. *Bake 20-25 minutes or until tester inserted in center comes out clean.*
7. *Let cool.*
8. *Optional: add glaze.*
9. *Makes 12.*