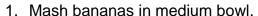
## Easy Banana Muffins adapted from a Taste of Home recipe <a href="https://www.tasteofhome.com/recipes/basic-banana-muffins/">https://www.tasteofhome.com/recipes/basic-banana-muffins/</a> From Mireya Hayes

I adapted this recipe from one I saw in Taste of Home. They used to call it "Basic Banana Muffins" instead of "Easy". Sometimes I add a little apple sauce or even diced apples. I always sprinkle with a little bit of oats. This time I added about 1 1/2 cups fresh cranberries. I buy the bags of cranberries when in season around Thanksgiving and freeze them exactly as they come in their bag. Pull out however many I need.

## Makes 12 muffins

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 medium ripe bananas
- 1 large egg, room temperature
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract



- 2. Add egg and vanilla. Mix well and add oil. (May add apples or other options)
- 3. Add dry ingredients and mix by hand.
- 4. Put in greased muffin tins or muffin papers or silicone muffin molds.
- 5. Sprinkle with oats.
- 6. Bake at 375°F for 18-22 minutes.

## **Options**

- ¼ to ½ cup uncooked oats
- Diced apples or a little applesauce
- Fresh cranberries
- Chocolate chips
- Toasted nuts
- Dried fruit
- Sweetened shredded coconut
- Spices like cinnamon or nutmeg
- Streusel topping
- Cinnamon pecan topping

