



Seminary Muffins

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

12

Description

Delicious and healthy muffins Great for breakfast or a snack No oil butter or yeast You may use oat bran instead of oatmeal if you wish

Ingredients

— - 1 egg - 1 ½ cups mashed ripe banana - ¾ cup packed brown sugar - ½ cup applesauce - 1 teaspoon vanilla extract - 1 cup all-purpose flour - ½ teaspoon baking soda - 2 teaspoons baking powder - 1 ¼ teaspoons salt - 1 teaspoon ground cinnamon - 1 cup quick cooking oats - ½ cup semisweet chocolate chips - ½ cup chopped walnuts

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 12 cup muffin pan. In a large bowl
2. combine egg
3. banana
4. brown sugar
5. applesauce and vanilla. In a separate bowl
6. sift together flour
7. baking soda
8. baking powder
9. salt and cinnamon. Gently stir flour mixture and oatmeal into banana mixture. Fold in chocolate chips and walnuts. Pour batter into prepared muffin cups. Bake in preheated oven or 15 to 20 minutes
10. or until light brown. Remove muffins from pan and place on a wire rack to let cool before serving.