

DATE AND BANANA BUTTERMILK MUFFINS

Makes about 10 muffins.

1 1/4 cups all purpose flour
1/2 cup shredded bran cereal (such as All-Bran) substituted for 1/2 cup of the flour
1 teaspoon cinnamon
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped pitted dates
3/4 cup buttermilk
1/4 cup vegetable oil
1 large egg
1/3 cup honey
1/2 cup mashed ripe banana
1/4 cup walnut pieces

- Preheat oven to 400°F.
- Spray muffin cups with nonstick vegetable oil spray or line with paper cups OR use non stick muffin pans.
- Combine first 6 ingredients in large bowl. Add dates and toss to coat.
- Blend buttermilk and oil in another bowl. Whisk in egg.
- Stir in honey and banana.
- Pour liquid mixture over dry mixture: fold until just moist. (Caution: do no over beat).
- Spoon batter into muffin cups.
- Sprinkle tops with chopped walnuts.
- Bake until muffins are golden brown and toothpick inserted in centers comes out clean. About 25 minutes.