

# Banana Oat Bran Muffins

## No Added Sugar



### Ingredients

2 1/4 cups oat bran  
1 tablespoon baking powder  
1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1 cup mashed bananas  
1/2 cup skim milk  
2 egg whites  
2 tablespoons oil  
1/2 cup raisins

### Directions

Preheat the oven to 425°F Spray your muffin cups with cooking spray.

Combine the dry ingredients in 1 bowl.

In another mix the banana, the milk, egg whites, and oil together until they are well combined.

Add the wet to the dry and mix until it is combined. Then add the raisins and combine.

Put them into the muffin tins.

Bake for 18-25 minutes or until golden.