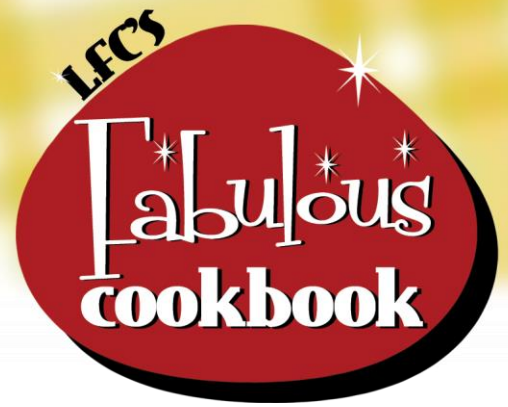


BANANA MUFFINS

MARTIN FAMILY



Ingredients

Regular flour (or white rice flour) 1 ¼ cup
Baking soda ¾ tsp
Salt ½ tsp
Sugar 1 cup
Vegetable Oil ½ cup
Eggs, beaten 2
Banana (very ripe*), mashed ~ ¾ to 1 cup (=2 small bananas)

Note

Muffins taste best if you use bananas with lots of black spots on the peel.

Instructions

1. Blend flour, baking soda, and salt in bowl. In separate bowl, combine sugar, oil and eggs, then add banana. Add flour mix to egg mix and stir until just moistened.
2. Grease 12-cup muffin pan. Put ¼ cup batter into each muffin cup.
3. Bake 350°F (180°C) for 20-25 min or till toothpick inserted in center comes out clean.
4. Set pan on rack and let cool for 5-10 min, then remove muffins and place on rack to cool or to eat immediately.
5. Refrigerate any leftovers (I like them best when they are cold!) or these also freeze well in plastic bags.



6. The batter can also be poured into a greased round or square cake pan (8 X 8) and baked for about 25 min or till toothpick inserted in center comes out clean.

Note: This is not 'banana bread' - do not bake in a loaf or bread pan – the center will not cook completely and it will fall. This recipe can be doubled

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