

Breakfast

CHEERIOS BANANA OAT MUFFINS



COOK TIME

10 Minutes



SERVES

Twelve muffins



INGREDIENTS

- 2 cups Cheerios™ Cereal
- 3/4 cup Gold Medal™ all-purpose flour
- 1/2 cup Gold Medal™ whole wheat flour
- 1/3 cup packed brown sugar
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 cup mashed very ripe bananas (2-3 medium)
- 2/3 cup skim milk
- 3 tablespoons vegetable oil
- 1 egg

METHOD

1. Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray, or grease bottoms only of muffin cups. Place cereal in food-storage plastic bag; crush with bottom of heavy saucepan or can of soup.
2. In large bowl, mix cereal, flours, brown sugar, baking powder and baking soda. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
3. Bake 18 to 22 minutes or until golden brown.

