



Cheerios™ Banana Oat Muffins

Prep Time  15 min

Start to Finish  45 min

Servings 12 

Ingredients

- 2 cups Cheerios™ cereal
- $\frac{3}{4}$ cup Gold Medal™ all-purpose flour
- $\frac{3}{4}$ cup Gold Medal™ whole wheat flour
- $\frac{1}{3}$ cup packed brown sugar
- 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon baking soda
- 1 cup mashed very ripe bananas (2 to 3 medium)
- $\frac{2}{3}$ cup fat-free (skim) milk
- 3 tablespoons vegetable oil
- 1 egg

Directions

1. Heat oven to 400 ° F. Spray 12 regular-sized muffin cups with cooking spray, or grease bottoms of muffin cups. Place cereal in food-storage plastic bag; crush with bottom of heavy sauce pan or can of soup.
2. In a 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.



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