

# Banana Raisin Wheat Muffins

## Ingredients:

- 1 ¼ cups flour
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 1 cup shredded wheat cereal
- 1 cup fat free milk
- 1 egg
- 1 cup mashed ripe banana
- 1/3 cup firmly packed brown sugar
- 2 Tbsp. Margarine
- ½ cup raisins

## Directions:

- Preheat oven to 400 degrees. Mix flour, baking powder and salt in large bowl. Mix cereal and milk in another large bowl; let stand 5 minutes. Stir in egg, banana, sugar and margarine. Add to the flour mixture; stir just until moistened (batter will be lumpy). Stir in raisins. Spoon batter into a muffin pan, which has been sprayed with no-stick cooking spray, and fill each cup two-thirds full. Bake 20 minutes or until golden brown. Serve warm.

*Makes 12 servings. Per serving: 150 calories, 2.5 grams (g) fat, 30 g carbohydrate and 2 g fiber.*

**NDSU** EXTENSION  
SERVICE