

In small bowl, mix $\frac{1}{2}$ cup chopped nuts + 2 tbsp.
oats; set aside. In lg. bowl, mix remaining chopped
nuts w/ oats + flour, baking pwd., baking soda, + salt.
In another lg. bowl, w/ potato masher or fork, mash
bananas (you should have about 2 cups); w/ fork,
beat in milk, honey, melted butter + oil, +
egg until blended. Stir banana mixture into flour
mixture just until moistened (batter will be lumpy).

Spoon into muffin cups, sprinkle w/ reserved walnut-oat
mixture. Bake 25 to 30 min. until golden brown
+ tooth pick comes out clean. Do not use mixer.
Done in about 20 min. Did not sprinkle w/ oat nut mixture.
lg. muffins 460 calories ea. ~~used less nuts.~~

Large Standard Size 230 calories ea.
make 24 my size muffin - per