

# Banana-Nut Oatmeal Muffins

- 1- 8oz. can nuts (2 cups) coarsely chopped (pecans <sup>or</sup>)
- 2 cups Old-fashioned or quick-cooking Oats, uncooked
- 3 cups all-purpose flour
- 1 tbsp. baking powd.      tablespoon
- 2 tsp. baking soda
- 1 tsp. salt
- 4 large ripe bananas
- 1 cup milk
- 1 cup honey
- 4 tbsp. butter or oleo ( $\frac{1}{2}$  stick) melted
- 1 egg

I think, a  
little dry

Preheat oven to 400° Bake 24 (size I have) ~~25~~  $2\frac{1}{2} \times 1\frac{1}{4}$   
muffin - per cup or 12 - 3" by  $1\frac{1}{2}$ ". I used  
paper muffin baking cups.

or  
English  
Walnuts