

Banana-Nut Muffins

2 cups flour

$\frac{1}{4}$ cup sugar

1 tablespoon Baking Powd.

$\frac{1}{2}$ teaspoon salt

1 cup milk

1 egg, beaten

$\frac{1}{3}$ cup vegetable oil

$\frac{3}{4}$ cup mashed banana

$\frac{1}{2}$ cup chopped Walnuts

No E. mixer

Make 12 muffins

Preheat oven to 400° - Grease muffin pan or use liners. Put flour, sugar, baking powd. & salt in bowl; make a well in center. Mix milk, egg, oil, banana & walnut in small bowl. Pour into well. Mix better just until moistened; do not overmix. Spoon