

Joan Stucey, Klamath Falls, Oregon

Joan Stucey often treats her co-workers to homemade muffins; they voted these the best.

PREP AND COOK TIME: About 40 minutes

MAKES: 12 muffins

About 2 tablespoons **salad oil**

2 **oranges** (about 1 lb. total), **rinsed**

2 **large eggs**

1 cup mashed **ripe bananas** (about 2, each 5 oz.)

$\frac{1}{4}$ cup **honey**

$\frac{1}{4}$ cup firmly packed **brown sugar**

2 cups **quick-cooking oat bran cereal**

2 teaspoons **baking powder**

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

$\frac{1}{2}$ cup chopped **walnuts**

1. Oil 12 muffin cups (2 $\frac{1}{2}$ in. wide), or line with paper baking cups.

2. Grate 1 tablespoon peel (orange part only) from orange. Cut oranges in half and ream juice. Measure $\frac{1}{2}$ cup juice; save remainder for other uses.

3. In a large bowl, combine orange peel, orange juice, 2 tablespoons oil, eggs, bananas, honey, and brown sugar. Stir to mix well.

4. In a small bowl, mix cereal, baking powder, salt, and walnuts. Add to egg mixture and stir until evenly moistened. Spoon batter equally into muffin cups.

5. Bake muffins in a 400° oven until golden brown, 20 to 25 minutes. Run a knife between muffins and cup sides, invert pan to remove muffins, and set muffins upright on a rack. Serve hot, warm, or at room temperature.

Per muffin: 196 cal., 39% (77 cal.) from fat; 4.8 g protein; 8.5 g fat (1.1 g sat.); 30 g carbo (3.3 g fiber); 192 mg sodium; 35 mg chol. ♦