

Banana Oat Bran Muffins

2 ¼ cups oat bran
1 tablespoon baking powder
½ teaspoon cinnamon
1/8 teaspoon nutmeg
1 cup mashed banana
½ cup skim milk
2 egg whites
2 tablespoons vegetable oil
½ cup raisins

Preheat oven to 425 degrees F. Spray muffin tins with cooking spray. Combine the dry ingredients in a bowl. In another bowl, mix the milk, egg whites, and oil until well mixed. Add the dry ingredients and stir until well mixed. Fold in raisins. Spoon evenly into 12 muffin tins. Bake for 18-25 minutes or until golden brown. Makes 12 servings.

Nutrition information per serving: 106 calories, 5 grams protein, 4 grams fat, 21 grams carbohydrate, 107 mg sodium.