

Banana Muffins

Combine in a mixing bowl

- 2 cups mashed bananas
- 1/4 cup water
- 3/4 cup chopped dates
- 2/3 cup raisins, washed
- 2 teaspoons vanilla
- 1/2 teaspoon salt
- 2 tablespoons almond butter
- 1/2 teaspoon Cinnamon Substitute

Mix well and add

- 2 1/2 cups quick oats
- 1/2 cup oat flour
- 1/2 cup chopped walnuts

1. Shape into 12 muffins by rolling the mixture into balls.
2. Put the balls into nonstick muffin pans.
3. Bake at 350 for 25-30 minutes or until bottom is golden.

From the kitchen of Melinda Harris