

## ELIZABETH'S SPA MUFFINS

2 CUPS OAT BRAN  
1 CUP ROLLED OATS  
1 TBSP CINNAMON

1 VERY RIPE BANANA  
1/2 CUP CINNAMON APPLESAUCE

1 EGG  
1/4 CUP OF EGG WHITES  
2/3 CUP OF NON FAT MILK

1/2 CUP OF HONEY

2/3 CUP OF CHOPPED WALNUTS  
1 CUP OF FROZEN OR DRIED  
BLUEBERRIES OR CRANBERRIES

PREHEAT OVEN TO 350  
IN A LARGE BOWL, COMBINE DRY INGREDIENTS  
MASH THE BANANA AND ADD  
ADD THE CINNAMON APPLESAUCE  
STIR

IN A MEASURING CUP OR SMALL BOWL, ADD EGG WHITE,  
EGG AND MILK - BEAT UNTIL WELL MIXED. ADD TO  
DRY MIXTURE AND STIR INTO THE BATTER  
ADD HONEY AND MIX WELL

ADD NUTS AND BERRIES AND MIX WELL  
SPRAY NON-STICK TO A NONSTICK COATED MINI MUFFIN  
PAN  
SCOOP MIXTURE INTO INDIVIDUAL MUFFIN CUPS AND  
BAKE FOR 25-30 MIN. EDGES AND TIPS SHOULD BE  
LIGHTLY BROWN. BE CAREFUL TO NOT OVERBAKE.