

Bread- Banana Nut Muffins

2 cups all purpose flour
¼ cup sugar
1 tablespoon baking powder
½ teaspoon salt
1 cup milk
1 egg , beaten
1 cup water
1 /3 cup vegetable oil
¾ cup mashed banana
½ cup chopped walnuts

Variation: Blueberries or raisins may be substituted for the mashed banana in this versatile muffin batter.

1. Preheat oven to 400 degrees. Grease a 12 cup muffin pan. Sift flour, sugar, baking powder and salt into a medium bowl; make a well in center.
2. Mix milk, egg, water, oil, banana and walnuts in a small bowl. Pour mixture into well.
3. Mix batter just until moistened; do not over mix.
4. Spoon batter into prepared muffin cups. Bake until a toothpick inserted in center comes out clean or until muffins are golden brown, about 15 minutes.