

## ***Pumpkin Banana Muffins***

**\*\*Be sure to have an adult help – do not cook or bake by yourself\*\***

Ingredients you will need:

1 1/2 cups all-purpose flour  
2 cups whole wheat flour  
2/3 cup rolled oat  
1/2 cup oat bran  
4 teaspoons baking powder  
2 teaspoons baking soda  
1/2 teaspoon salt  
4 teaspoons cinnamon  
2 teaspoons ground ginger  
1 teaspoon nutmeg  
1 teaspoon pumpkin pie spice  
3 ripe bananas, mashed  
1 cup applesauce (in place of butter)  
15 ounces pumpkin  
4 eggs, lightly beaten  
1 cup granulated sugar (or equivalent sweetener)  
1 cup packed brown sugar (or equivalent sweetener)  
1 cup chopped walnuts (optional)

Directions:

- Preheat oven to 350 degrees F.
- Grease or line muffin tins with paper liners.
- Combine flours, bran, oats, baking powder, spices, baking soda and salt in a medium bowl.
- Using whisk or spoon, stir until well mixed.
- Combine remaining ingredients (except nuts) in a large mixing bowl; beat until smooth. Gradually beat in flour mixture.
- Beat just until combined.
- Spoon into prepared pans or tins (fill cups until just about full).
- Bake for 25 to 30 minutes, until toothpick inserted in the middle of the muffin comes out clean.
- Remove muffins from pan immediately and cool on wire rack.