

## **Banana-Blueberry Muffins**

1 egg  
½ cup milk  
¼ cup vegetable oil  
½ cup granulated sugar  
1 cup mashed bananas  
1 tsp vanilla  
1 cup whole wheat flour  
1 tsp baking soda  
1 tsp baking powder  
1 cup wheat bran  
½ cup raisins or blueberries

Combine dry ingredients and set aside.

Combine wet ingredients in mixer bowl.

Add dry ingredients and mix until just combined.

Bake in 400 F oven for 20 – 25 minutes or until firm to touch.

Makes 12 muffins.