

### **Oil Free Banana Nut Muffins**

Oat bran is the edible, outermost layer of the oat kernel. What's interesting is that oats have been recognized both as a food and as an herb. Like oatmeal, oat bran contains B complex vitamins, protein, fat, minerals, and heart healthy soluble fiber. Additionally, oat bran can help to reduce the bad LDL and raise levels of good HDL cholesterol.

1 large or 2 small ripe bananas, chopped (not mashed)

½ cups walnuts (or any nut you like)

¾ cup oat bran

1 cups oats

¾ cup apple juice

1/3 cup maple syrup

1/3 cup plus 1 Tbsp. water

¼ tsp. nutmeg (fresh ground is best)

¼ tsp. cinnamon

1 tsp. vanilla (optional) Combine dry ingredients. In a separate bowl mix apple juice, maple syrup, water and vanilla. Mix with dry ingredients. Fold in chopped bananas and walnuts. Spoon into lined muffins pan and bake at 350° until well browned, approximately 20 to 25 minutes.

Article and recipe's courtesy of Ocean Beach People's Organic Food Co-op