**** **Banana Muffins**

Ingredients:  
1 cup all-purpose flour

1 cup whole wheat flour

½ cup granulated sugar

2 tsp baking powder

½ tsp baking soda

½ tsp ground nutmeg

1/8 tsp ground allspice

1 egg

½ cup buttermilk -or milk +1tbsp vinegar

½ cup mashed banana, very ripe

1/3 cup oil

Method:

1. Preheat oven to 400 degrees F. Spray muffins tins or line with paper baking cups

2. Combine the flours, sugar, baking powder, baking soda, nutmeg, salt and allspice. Mix well.

3. Beat the egg in a small bowl. Add the buttermilk, banana and oil. Mix well. Add the dry ingredients and mix until moistened.

4. Fill the muffin tins and bake for 10-15 minutes then remove muffins from pan.