

Very Ripe Banana Muffins



(Makes 1 dozen, may be halved or doubled)

2-3 very ripe, soft bananas
6 T / 90 ml vegetable oil
1 egg, beaten
1 tsp / 5 ml vanilla or maple flavouring
1/2 cup / 120 ml sugar
1 1/2 cups / 350 ml flour
1 tsp / 5 ml salt
1 tsp / 5 ml baking powder
1 tsp / 5 ml baking soda
1/2 cup / 120 ml chopped walnuts

Mash bananas, add oil and sugar. Beat in egg and flavouring. Sift dry ingredients over wet mixture and stir just until combined. Add nuts. Drop into lined muffin tin. Bake at 350 F 15-20 minutes.