

Banana Sour Cream Muffins

Dry ingredients...

1 c. whole wheat flour

1 c. rolled oats

1/2 c. brown sugar

1 T. baking powder

1/2 t. baking soda

1/2 t. salt

1/2 t. all spice

Wet ingredients...

2 eggs

1/2 c. sour cream

1 t. vanilla

Special ingredient...

3 mashed bananas

I throw overly ripe bananas in the freezer and use them later. Once defrosted, they slip out of their skins and make mashing them really easy.

Streusel...

1/2 c. sugared almonds crushed in a plastic bag with a rolling pin

Once each of the first three ingredient groups are compiled, mix them together just until combined. Divide between 12 muffin liners and top with crushed almonds. Bake at 375 degrees Fahrenheit for 16 minutes.