

Banana Bran Muffins

1 cup sifted flour	1 egg, well-beaten
$\frac{3}{4}$ tsp baking soda	2 tbsp buttermilk
$\frac{1}{2}$ tsp salt	2 tbsp salad oil
$\frac{1}{4}$ cup sugar	2 cups lightly mashed bananas
1 cup bran	

Sift together the flour, soda, salt, and sugar into a medium mixing bowl. Add the bran and mix well. Beat the milk and salad oil into the egg, then mix in the mashed bananas (about three bananas).

Add the liquid to the dry ingredients, mixing only enough to dampen all the flour. Pour into twelve well-greased muffin pans. Bake at 375° for 25-30 minutes.

Adapted from *Chiquita Banana's Recipe Book* (1950).