



Banana Cornflake Muffins

INGREDIENTS

1 1/4 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon cloves
2 cups Kellogg's Corn Flakes®

1 egg
1/4 cup vegetable oil
1/2 cup firmly packed brown sugar
1/3 cup fat-free milk
1 cup mashed, ripe bananas

DIRECTIONS

1. Stir together flour, baking powder, salt, spices, and Kellogg's Corn Flakes cereal. Set aside.
2. In large mixing bowl, combine egg, oil, sugar, and milk. Stir in bananas. Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin-pan cups coated with shortening or cooking spray.
3. Bake at 400° F about 20 minutes or until lightly browned. Serve warm.

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