

## **Banana Oatmeal Muffins**

1 c. quick-cooking oats  
1 c. white flour  
1 t. sea salt  
2 t. brown sugar  
2 eggs, separated, at room temperature  
½ c. scalded milk  
⅓ c. oil  
1 t. vanilla  
1 small banana, mashed

Preheat oven to °375. Combine the oats, flour, salt, and sugar in a bowl. Lightly beat the egg yolks and stir in the hot milk. Beat until very light and thick. Beat in the oil, vanilla, and mashed banana. Sprinkle dry ingredients over the yolk mixture and fold in gently. Beat the egg whites until stiff but not dry and fold into batter. Spoon into oiled muffin tins until they are ⅔ full. Bake 30 minutes or until golden and done. Cool on a rack. Makes about 20 muffins.