

DR. BASS' FAMOUS, HEART HEALTHY BANANA-WALNUT-OAT BRAN MUFFINS

The recipe below is for a double batch and makes 24 standard-sized (aka large) muffins.

INGREDIENTS:

4 cups oat bran (Quaker Oat Bran Hot Cereal in the 16 oz box – see **TIPS** section below)
1 cup all-purpose flour
2 Tablespoons baking powder (yes, that's correct)
2 Tablespoons baking soda (yes, that's correct)
¼ cup sugar
1 cup chopped walnuts
2 ripe bananas, mashed
2 large eggs
2 cups skim milk
4 Tablespoons vegetable oil

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Lightly spray muffin tin with non-stick spray, or, if using muffin liners (paper cups), place liners in tin and lightly spray liners, unless they are of the non-stick variety – yes, they have those, but I can't remember the brand name – they come in a brown and green box.
3. In a large bowl, combine all the dry ingredients (except bananas and nuts) and combine together with a whisk.
4. In a separate medium bowl, combine the wet ingredients (including mashed bananas) and mix well with a whisk.
5. Add wet ingredients to dry ingredients and mix well with a spatula, stopping to scrape down sides of bowl a couple times.
6. Add walnuts and mix in well with a spatula.
7. Using a ¼ cup ice cream scoop or equivalent, fill each muffin cup. Once filled, using a spoon, go back and add more to other cups with remaining batter so all are about even. They should all be about 1/3" or slightly less than full.
8. Allow batter to sit in cups for about 15 minutes – that helps them rise and form a nice crown.
9. Bake for 10 – 20 minutes, or until they start to turn a little past golden brown on the tops. I've baked these in two different ovens and in one oven (with 2 heating elements, one on the top and one of the bottom), it takes about 10 minutes. In the other, newer oven, with just one element (on top), it takes closer to 18 minutes.

TIPS:

These muffins don't raise up too high and if you don't let them sit for a while before baking, they will barely rise at all – that's okay.

These muffins are dry and not too sweet, so you may have to experiment with a little additional sugar or sprinkling Turbinado sugar (found in most stores in the baking aisle – it's like Sugar in the Raw) on the tops before baking, but that would affect the healthiness of these muffins.

I got this recipe from and baked them for years for one of my senior estate management clients. She is 96 years old and has been eating 2 of these for lunch (that's all) daily for years. I see her bloodwork lab results and I promise you, her values are better than the majority of the population less than half her age and we attribute that to all the oat bran she gets from these muffins, in addition to a sensible diet and daily exercise.

The Quaker Oat Bran Hot Cereal can be difficult to find at local grocers and even most health food stores like Sprouts and Whole Foods don't carry it. I have seen that Bob's Red Mill makes a similar product, and it is readily found in most stores, however, it is a much coarser grind and I'm not sure how that would affect the measurements used for the recipe. I'm sure Bob's Red Mill has a recipe similar to this on their website though. I found this similar recipe here: <https://www.bobsredmill.com/recipes/how-to-make/apple-bran-muffins>. Dr. Bass usually ordered the Quaker brand by the case from Amazon.com.

Since they are expensive, I buy the walnuts at Sam's in the 3-pound (I think) bag and keep them in the freezer.

I would suggest making this double batch and keeping half (or more) of them in a ZipLock freezer bag for the following week. If eating directly from freezer, microwave them for about 15 – 20 seconds, then eat. They keep well for several weeks in the freezer.

I have not tried substituting soy, rice or almond milk for regular skim milk, but I don't know why it wouldn't work equally as well.

CAUTION: There is a LOT of fiber in these muffins and even though it is of the soluble variety, if you aren't used to eating that much fiber all at once, consider how that much additional fiber may affect your bathroom habits for the rest of the day. Just sayin'...;-) You may want to start out with just one muffin a day and work up to 2 as your system acclimates to the additional roughage.

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