Banana Bread Muffins - no eggs

3 medium ripe bananas
1/2 cup nonfat milk
1/4 cup canola oil
2 teaspoons vanilla extract
1 Tablespoon white vinegar
1/2 cup brown sugar
3/4 cup whole wheat flour
1/2 cup all-purpose flour
1/2 cup quick cooking oats
1 teaspoon baking powder

1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon salt

Topping:
1/2 cup oats
2 Tablespoons brown sugar
2 Tablespoons melted margarine
1/4 teaspoon cinnamon

Preheat oven to 350°F. Lightly grease a muffin tin or line with muffin cups. In a medium bowl, mash peeled bananas using the back of a fork. Mix in milk, oil, vanilla, vinegar and brown sugar. In a separate large bowl, stir flours, oats, baking powder, baking soda, cinnamon and salt. Add the wet ingredients into the dry ingredients and mix until combined. Divide batter evenly into muffin tin. In a small bowl, combine topping ingredients. Sprinkle evenly over muffin batter. Bake 25-30 minutes or until toothpick inserted into center comes out clean.

Yield: 12 muffins, 1 serving each

Nutrition Facts (per serving): 190 calories, 7 grams fat, 170 milligrams sodium, 29 grams carbohydrate, 2 grams fiber, 3 grams protein