

Laura's Road Runner Muffins

½ Cup of soft butter (can be left out for lower calorie muffins)

½ Cup of maple syrup

2 Eggs

5 to 6 Bananas

Mix above ingredients together

In separate bowl, mix

1 teaspoon of baking soda

2 Tablespoons of hot water

Mix with above ingredients

Then add

1 ½ Cups of flour (I use ½ cup of oatmeal, ½ cup of brown rice flour and ½ cup of rye flour)

½ teaspoon of salt

Add nuts, crasins or fruit as desired

Bake at 375 for 18 to 20 minutes