## Banana Muffins

Do you ever have bananas that are past their optimal time for eating fresh? Freeze them \& pull them when you want to make some banana muffins.

Preparation Time: 15 minutes
Cooking Time: 20 minutes
Servings: 12 medium muffins

| Amount | Ingredient | Cost - date: |
| :--- | :--- | :--- |
| $1 \frac{1}{2}$ cups | Banana, pureed or mashed, from fresh or frozen |  |
| $1 / 4$ cup | Sugar, white (FYI - original recipe had 1 cup) |  |
| $1 / 3$ cup | Oil, vegetable |  |
| 1 | Egg, large |  |
| $3 / 4$ cup | Flour, all purpose |  |
| $3 / 4$ cup | Flour, whole wheat |  |
| 1 tsp | Baking powder |  |
| 1 tsp | Baking soda |  |
| $1 / 2$ tsp | Salt |  |
| OPTIONAL add ins... |  |  |
|  | Chocolate chips, walnuts, raisins, cocoa |  |
|  |  |  |
|  |  | Cost for the total recipe: |

## Preparation:

Preheat oven to 350 degrees.
Mix all of the wet ingredients together from above in a bowl.
In another large bowl, mix the dry ingredients separately (so that the small ingredients are spread throughout the flour). Make a hole in the middle of the flour mixture.

Pour all the wet ingredients into the middle of the dry ingredients. Mix just enough so it's mixed thoroughly do not overmix or you'll get cracks in the top of your muffins.

Cook at 350 degrees F for 18 - 20 minutes or until edges are slightly browned.

## NOTES:

This recipe can easily be doubled. I make a big batch \& freeze some \& pull them when I want them - it keeps them fresh. Because they are so moist with so much fruit, they can't be left on the counter for more than a day - they need to be refrigerated - then when you want one, pop it in the microwave to warm for a few seconds - delicious!

Thanks for coming today! We look forward to having you join us again to make more great food and enjoy community!

