## **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.

<u>Preparation Time</u>: 15 minutes <u>Cooking Time</u>: 20 minutes <u>Servings</u>: 12 medium muffins

| Amount           | Ingredient                                     | Cost – date: |
|------------------|--|--------------|
| 1½ cups          | Banana, pureed or mashed, from fresh or frozen |              |
| ¼ cup            | Sugar, white (FYI – original recipe had 1 cup) |              |
| 1/3 cup          | Oil, vegetable                                 |              |
| 1                | Egg, large                                     |              |
| ¾ cup            | Flour, all purpose                             |              |
| ¾ cup            | Flour, whole wheat                             |              |
| 1 tsp            | Baking powder                                  |              |
| 1 tsp            | Baking soda                                    |              |
| ½ tsp            | Salt   |              |
| OPTIONAL add ins |  |              |
|                  | Chocolate chips, walnuts, raisins, cocoa       |              |
|                  |  |              |
|                  | Cost for the total recipe:                     |              |
|                  | Cost for 1 serving:                            |              |

## 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!