



BANANA MUFFINS*

MATERIALS:

Measuring spoons
Measuring cups
Muffin tin
Whisk
Large Bowl
Spatula

INGREDIENTS:

3 ripe bananas, mashed
2 large eggs
3/4 cup packed brown sugar
3/4 cup unsweetened applesauce
1/4 cup vegetable oil, plus more for pans
1 teaspoon pure vanilla extract
2 cups whole wheat flour
1 teaspoon baking soda
1 tablespoon ground cinnamon, plus more for pans

Serves: 12, 1 muffin per serving

*Recipe from: *USDA Mixing Bowl*

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DIRECTIONS:

1. Preheat the oven to 350°F. Grease a 12-cup muffin pan with the vegetable oil and sprinkle a little cinnamon in the bottom of each cup.
2. In a large bowl, beat together the bananas, eggs, brown sugar, applesauce, oil, and vanilla.
3. In a medium bowl, whisk together the flour, baking soda, and cinnamon. Add the flour mixture to the banana mixture and stir until incorporated.
4. Spoon the batter into the prepared muffin tray and bake until the tops of the muffins spring back when pressed lightly, about 30 minutes. Let cool and enjoy!

Chef's Notes:

- Make a double batch. Muffins freeze well for up to 2 weeks. Pull one out each morning for a grab-and-go breakfast. Reheat in microwave for 1 minute or toaster oven for 5 minutes.