

# LET'S COOK!

DELICIOUS BANANA MUFFINS



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Servings: 12 Ready in: 30 minutes

|         |                                   |
|---------|-----------------------------------|
| 1½ cups | whole wheat flour                 |
| 1 tsp   | baking powder                     |
| 1 tsp   | baking soda                       |
| ½ tsp   | salt                              |
| ¼ cup   | milk (or fortified soy beverage)  |
| 3       | ripe bananas, mashed              |
| ⅓ cup   | vegetable oil                     |
| ½ cup   | sugar                             |
| 1       | egg                               |
| ½ cup   | berries, nuts, or chocolate chips |
| 1 tsp   | vanilla (optional)                |

## NUTRITION TIPS

To increase the fibre in this recipe, use:

- Any nuts and/or seeds you prefer, such as walnuts, pecans, or almonds

## INSTRUCTIONS:

1. Preheat oven to 350°F/175°C .
2. Prepare muffin pan (lightly oil or line with muffin liners).
3. In a bowl, mix together the flour, baking powder, baking soda, and salt.
4. In a separate bowl, mix together the milk, banana, oil, sugar, egg and vanilla.
5. Add the dry ingredients to the banana mixture and mix gently until just moistened.
6. Add 1/2 cup chocolate chips or berries or nuts.
7. Pour into the prepared muffins tins.
8. Bake for 18-20 minutes or until a toothpick inserted in the centre of a muffin comes out clean and it reaches an internal temperature of 135°F/57°C. If using mini muffin tins, reduce baking time to about 12-16 minutes.

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