



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Banana Muffins

Kid Chef Makenna Hurd, Age 9

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

DIRECTIONS

1. Preheat 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 large bowl, beat together bananas, eggs, brown sugar, applesauce, oil, and vanilla.
3. In medium bowl, whisk together flour, baking soda, and cinnamon.
4. Add flour mixture to banana mixture, and stir until incorporated.
5. Spoon batter into prepared muffin tray and bake until tops of muffins spring back when pressed lightly, about 30 minutes. Let cool and enjoy!

Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!

