



Blueberry-Banana Muffins

PREP TIME: 15 min
COOK TIME: 25 min
Makes 12 muffins

INGREDIENTS

- 3/4 cup buttermilk (or mix 3/4 cup milk or non-dairy milk such as soy milk with 1/2 tsp of lemon juice or vinegar and let sit until thick)
- 3/4 cup light brown sugar
- 1/4 cup canola oil or vegetable oil
- 2 large eggs
- 3 medium ripe bananas, peeled and mashed
- 1 1/4 cup whole wheat flour
- 1 cup all-purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 1/4 cups of fresh or frozen blueberries

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Preheat oven to 400°F. Coat muffin tin with cooking spray or a thin layer of oil
2. In a large bowl, blend together buttermilk, brown sugar, oil and eggs. Stir in mashed bananas.
3. In a separate bowl, mix flour, baking powder, baking soda, cinnamon and salt.
4. Mix dry ingredients into wet ingredients. Gently mix in blueberries.
5. Fill muffin tins with batter. Each cup should be about 3/4 full.
6. Bake until tops are golden, about 20-25 minutes. Cool in pan for 10 minutes before serving.

Recipe adapted from EatingWell.com



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