



BANANA BREAD MUFFINS

February 23

National Banana Bread Day

INGREDIENTS

Muffins

- 2½ Cups Flour (enriched or whole grain-rich)
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- 1¼ Teaspoon Baking Powder
- ⅔ Cup Coconut or canola oil
- 1 Cup Sugar
- ⅔ Cup Brown Sugar
- 2 Large Eggs

- ⅔ Cup Buttermilk

- 1¾ Cups Bananas (mashed, about 3 bananas)

Crumb Topping

- 3 Tablespoons Brown Sugar
- 3 Tablespoons Sugar
- ½ Cup Flour
- 1 Teaspoon Cinnamon
- ¼ Teaspoon Salt
- 4 Tablespoons Butter (softened)

DIRECTIONS

1. In a small bowl, using a fork or your fingers, combine the sugar, brown sugar, flour, cinnamon, salt and butter from the Crumb Topping ingredients. Set aside.
2. Heat the oven 350°F. Spray a muffin tin with nonstick spray or use paper liners.
3. In a mixer, combine the oil, sugars and eggs until smooth.
4. In a separate dish, whisk together the flour, baking soda, and salt.
5. In another dish, mash the bananas.
6. Add the wet ingredients to the dry ingredients and mix only a couple of times and then alternate adding the bananas and buttermilk, stirring gently each time.
7. Spoon ⅔ full into the muffin tin, and bake for 10 minutes. Open the oven and quickly add the topping then bake another 10-12 minutes.
8. Allow muffins to cool before serving.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	1 Muffin	1 Muffin	2 Muffins