

Banana Muffins

Ingredients

- 3 eggs
- 1 cup oil
- 1 cup brown sugar
- 1 cup white sugar
- 3-4 large bananas, mashed
- 2 teaspoons vanilla extract
- 2 ½ cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon baking powder
- 1 teaspoon cinnamon



Directions

Combine eggs, oil, brown sugar, white sugar, bananas, and vanilla extract in a large bowl. In a separate bowl, mix remaining dry ingredients together. Slowly add dry flour mixture into wet mixture. Stir until ingredients are combined into a batter. Divide batter into muffin cups and bake at 350 for 18-20 minutes, or coat two loaf pans with butter or cooking spray and evenly split batter between pans. Bake at 350 for approximately 1 hour.



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Fun Facts

- Bananas are good for your heart. They are very rich in potassium, a mineral that regulates blood pressure and normalizes heart function.
- Bananas appear in a whole rainbow of colors and come in many shapes and sizes from large purple-colored plantains to tiny finger fruits.
- Cooking experts claim that banana bread is actually more a cake than a bread due to its high sugar content. They believe that it is called bread because it is cut into slices and served with butter, unlike traditional cakes that are cut in wedges and usually frosted.



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