



# Recipes for Success



## Best Ever Banana Muffins

A quick and easy recipe that adds lots of fibre to your breakfast or snack!

**Makes: 12 muffins**

**Equipment:**

Medium sized bowl  
Small bowl  
Muffin tin  
Mixing utensils

**Ingredients:**

Whole Wheat Flour	1 cup
Rolled oats	1/2 cup
Wheat Bran	1/4 cup
Baking Powder	1 teaspoon
Baking Soda	1 teaspoon
Salt	1/2 teaspoon
Egg	1
Sugar	1 tablespoon
Vegetable oil	1/4 cup
Bananas	3



**Directions:**

1. Preheat oven to 350°F.
2. Peel bananas and mash in medium sized bowl.
3. Add vegetable oil, egg and sugar and mix well. Blend in oatmeal and bran.
4. In a separate bowl combine flour, baking powder, baking soda and salt.
5. Pour flour mixture into banana mixture and mix well.
6. Spoon mixture into muffin tins filling the tins 3/4 full.
7. Bake in oven for 15 minutes or until golden brown.

### Suggested Tasks for Children:

- Peel bananas
- Mix ingredients
- Help clean up

