



Banana Oat Muffins

Prep time: 10 minutes | Cooking time: 20 minutes | Number of servings: 12

- Vegetable oil cooking spray
- ¾ cup all-purpose flour
- ¾ cup quick-cooking oats
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon ground nutmeg
- 2 eggs
- 2 ripe medium bananas, mashed
- ½ cup brown sugar
- ¼ cup fat-free milk
- ¼ cup canola oil

Directions

1. Preheat the oven to 400° F. Coat muffin cups with cooking spray.
2. In a large bowl, combine the flour, oats, baking powder, cinnamon, baking soda, and nutmeg.
3. In a small bowl, beat eggs, bananas, brown sugar, milk, and oil. Add to bowl of dry ingredients and stir just until moistened.
4. Fill each muffin cup ¾ full with batter. Bake for 15 to 20 minutes or until toothpick inserted in middle comes out clean. Cool in pan for 5 minutes; remove to a wire rack.



Nutrition Facts (Serving size 1 muffin): Calories-160; Protein-3g; Carbohydrate-23g; Total Fat-6g; Saturated Fat-0.5g; Cholesterol-30mg; Fiber-1g; Sodium-105mg; Vitamin C-2%; Vitamin A-2%; Iron-4%; Calcium-4%

Adapted from Washington State University Extension Food Sense



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Cook Together! Making Banana Oat Muffins with Kids

Kids love to cook. Inviting them to help prepare food provides a great setting for talking and bonding with kids. Ask them to help make a recipe. This will help them build life skills and take a special interest in eating what they help make!

Food \$ense Tips

- Oatmeal is a whole grain and a good source of dietary fiber. Buy the store brand oatmeal to save money.
- Over ripe fruit can be frozen and added to baked goods later.

- Easy Tasks:** Gather ingredients and equipment.
Stir dry ingredients.
Peel bananas.
Measure ingredients.
Crack eggs.
Mash bananas.
Pour fluid ingredients.
Turn oven on and off; set temperature.
Set timer.
Fill muffin cups ½ full.
Remove muffins from the oven.
- Intermediate Tasks:** Measure ingredients.
Crack eggs.
Mash bananas.
Pour fluid ingredients.
- Difficult Tasks:** Turn oven on and off; set temperature.
Set timer.
Fill muffin cups ½ full.
Remove muffins from the oven.



KID-TESTED SNACKS

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