

Recipes Made Simple

Recipe Templates give you an easy step-by step guide to using foods that you already have on-hand that would otherwise go to waste.

This handout includes:

- A **MUFFINS Made Simple** template that can be used with additions, such as grated carrots, grated zucchini, dried fruit, or a mashed banana for sweetness
- A recipe for **Banana Nut Muffins**, showing the **MUFFINS Made Simple** template using bananas and pecans

MUFFINS Made Simple

1. Preheat oven to 400° F & coat a 12 cup muffin tray with non-stick cooking spray.
2. **Make Muffin Dry Mix:** In a large bowl, whisk together 1½ cups whole wheat flour, 1 cup all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt. **Add Dry Flavorings (below).**
3. **Make Muffin Wet Mix:** In a medium bowl, whisk together 2 large eggs, 1 cup nonfat or low-fat milk, 2/3 cup brown or granulated sugar, 2 Tablespoons melted unsalted butter, 2 Tablespoons canola oil, and 1 teaspoon vanilla extract. **Add Wet Flavorings (below).**
4. Add wet mix to dry mix and stir. Fold in **Fruits & Veggies** and **Add-Ins (below)**.
5. Bake until a toothpick inserted in the center comes out with just a couple of moist crumbs—about 20-25 minutes.

DRY FLAVORINGS	+	WET FLAVORINGS	+	FRUITS & VEGGIES	+	ADD-INS
1-1 1/2 teaspoon total Choose any: Ground Cinnamon, Nutmeg, Allspice, or Ginger	+	1/2 teaspoon Coconut or Almond Extract Choose any: 1 tablespoon Lemon, Lime, or Orange Zest	+	2 cups total Choose any: Fresh/Frozen (not thawed) Berries Diced/Mashed Banana Shredded Carrots or Zucchini	+	Up to 1/2 cup total Choose any: Dried Fruit Toasted, Chopped Nuts Mini Chocolate Chips

Banana Nut Muffins

Servings per Recipe: 12 muffins

Ingredients

- **Muffin Dry Mix**
- **Muffin Wet Mix**
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 2 cups diced banana
- 1/2 cup chopped, toasted pecans

Directions

1. Preheat oven to 400° F & coat a 12 cup muffin tray with non-stick cooking spray.
2. Make **Muffin Dry Mix** in a large bowl by combining ingredients listed above in MUFFINS Made Simple Template. Add in the ground cinnamon, nutmeg, and allspice.
3. Make **Muffin Wet Mix** in a medium bowl by combining ingredients listed above in MUFFINS Made Simple Template.
4. Add the **Muffin Wet Mix** to the **Muffin Dry Mix**. Stir until just combined.
5. Fold in the 2 cups diced bananas and 1/2 cup chopped, toasted pecans.
6. Bake 20-25 minutes. Let cool 10 minutes before removing from pan.

Materials

Large bowl • Small bowl • Large spoon • Measuring cups • Measuring spoons • Muffin tray

Chef's Notes

- For extra color and sweetness, remove the 2 cups diced banana and use 1 cup diced banana + 1 cup shredded carrots. Carrots will add a sweet flavor once baked and beautiful color!
- **Source:** Adapted from Cooking Matters



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