



early childhood community development centre

Orange Banana Muffins

Ingredients - makes 1 dozen

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ¼ cup cornmeal
- 1 tsp baking soda
- 1 tsp baking powder
- Pinch salt
- 1 cup mashed banana's
- ½ cup frozen orange juice, concentrate, thawed
- ¼ cup packed brown sugar
- ¼ cup vegetable oil
- ¼ cup 2% milk
- 1 egg

Directions

1. In a bowl, combine whole wheat flour, all-purpose flour, cornmeal, baking soda, baking powder and salt.
2. In another bowl, stir together, banana's, orange juice concentrate, brown sugar, oil, milk, and egg. Add mixture to dry ingredients, stir just until mixed.
3. Spoon batter into prepared muffin cups.
4. Bake in preheated oven (400° F (200° C)) for 20 – 25 minutes or until muffins are firm to the touch.

Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

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