

## Banana-Cranberry Muffins

Preparation time	20 minutes
Cooking time	25-30 minutes
Servings	12
Cost per serving	33¢
Storage	4 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, muffin pan, paper muffin cup liners (or oil), small bowl, large bowl, fork, spoon



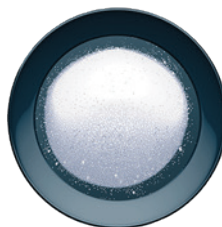
## Ingredients



4 bananas



80 ml (1/3 cup)  
canola oil



125 ml (1/2 cup)  
sugar



1 egg



375 ml (1 1/2 cups)  
all-purpose flour



125 ml (1/2 cup)  
quick cooking rolled oats



5 ml (1 tsp)  
baking soda



7.5 ml (1 1/2 tsp)  
baking powder

OR OTHER FRUIT  
(RASPBERRIES OR  
BLUEBERRIES,  
FOR EXAMPLE)

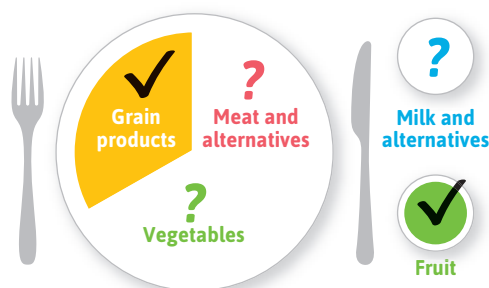


1 ml (1/4 tsp)  
salt



250 ml (1 cup)  
frozen cranberries

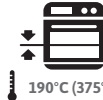







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### Balanced plate

Delicious served with a glass of milk or fortified soy beverage

## Directions

<p><b>1</b> Place oven rack in the middle position and preheat the oven to 190°C (375°C). Oil a muffin pan or line with paper muffin cup liners.</p>	  <p>190°C (375°F)</p>
<p><b>2</b> In a large bowl, mash the <b>bananas</b> with a fork.</p>	
<p><b>3</b> Add the <b>oil, sugar</b> and <b>egg</b>. Mix.</p>	
<p><b>4</b> In a small bowl, combine the dry ingredients: <b>flour, rolled oats, baking soda, baking powder</b> and <b>salt</b>.</p>	
<p><b>5</b> Pour the <b>dry ingredients</b> over the banana mixture and stir together gently.</p>	
<p><b>6</b> Fold in the <b>frozen cranberries</b> and mix just enough to spread the fruit throughout the dough.</p>	
<p><b>7</b> Use a spoon to fill the muffin cups. Bake about 25 minutes or until a toothpick inserted in the centre comes out clean.</p>	  <p>00:25</p>

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition