

Makenna's Bodacious Banana Muffins

Rating: ★★★★★

Makes: 12 Servings

“My mommy and I bake lots of muffins to raise awareness for Down syndrome. I walk in ‘Walk for Success’ each year with my family and almost always win a medal,” says Makenna. “I would have my muffins alongside a yogurt parfait with strawberries and blueberries, and a nice green salad with only dark greens like kale and spinach and some cherry tomatoes and cucumbers.” Her dad Mark reports that Makenna wants to open her own bake shop when she’s older, and that she sells muffins to schools and businesses in the community to raise money for research and programs for Down syndrome.

Ingredients

- 3 ripe bananas, mashed
- 2 large eggs
- 3/4 cup packed brown sugar
- 3/4 cup unsweetened applesauce
- 1/4 cup vegetable oil, plus more for pans
- 1 teaspoon pure vanilla extract
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon ground cinnamon, plus more for pans

Directions

1. Preheat the oven to 350°F. Grease a 12-cup muffin pan with the vegetable oil and sprinkle a little cinnamon in the bottom of each cup.
2. In a large bowl, beat together the bananas, eggs, brown sugar, applesauce, oil, and vanilla.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	201	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	35 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	123 mg	5%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1 1/2 ounces

3. In a medium bowl, whisk together the flour, baking soda, and cinnamon. Add the flour mixture to the banana mixture and stir until incorporated.

4. Spoon the batter into the prepared muffin tray and bake until the tops of the muffins spring back when pressed lightly, about 30 minutes. Let cool and enjoy!

Notes

State: Tennessee

Child's Name: Makenna Hurd, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook