



Makenna's Bodacious Banana Muffins

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

Nutrition Information

Nutrients	Amount
Calories	201
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	123 mg
Total Carbohydrate	35 g
Dietary Fiber	4 g
Total Sugars	19 g
Added Sugars included	13 g
Protein	4 g
Vitamin D	0 mcg
Calcium	31 mg
Iron	1 mg
Potassium	231 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Grains	1 1/2 ounces

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.
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

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook