

SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

BLUEBERRY BANANA MUFFINS

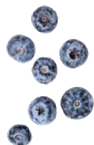


BLUEBERRY BANANA MUFFINS

FOOD SAVING HACKS

Put leftover bananas in the freezer for easy additions to your favorite smoothies or baked goods.

INGREDIENTS



1 ½ cups frozen blueberries



1 ½ cups all-purpose flour + 1 tablespoon to toss with blueberries



1 cup mashed bananas (about 3 bananas)



1 egg



1 tsp vanilla extract



½ cup butter, melted



½ cup granulated sugar



¼ tsp salt



1 tsp baking soda



1 tsp baking powder



Dash of cinnamon

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Toss frozen blueberries with 1 tablespoon of flour and set aside.
3. In a large bowl, add mashed bananas, egg, vanilla and butter and whisk to combine.
4. In a separate bowl, add flour, sugar, salt, baking soda and baking powder and stir to combine.
5. Add the dry ingredients to the wet ingredients. Add a dash of cinnamon and the frozen blueberries. Gently fold them together to combine.
6. Divide batter evenly over 10 muffin wells.
7. Bake 12-15 minutes or until a toothpick comes out clean. Cool completely and ENJOY!

SAVE MORE THAN FOOD! Leftover muffins can be stored individually in the freezer for a quick breakfast or snack.