



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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HEALTHY RECIPES

If you have some extra ripe bananas in the kitchen, give this recipe for Banana Bread Muffins a try! Ms. Liz from the Armbrust YMCA uses this recipe for her kid's cooking classes.

Banana Bread Muffins!

- 1/2 cup butter
- 1 cup sugar
- 2 eggs, beaten
- 4 bananas, finely crushed
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla

Preheat oven at 350 degrees. Cream together butter and sugar. Add eggs and crushed bananas.

Sift together flour, soda and salt. Add to creamed mixture. Add vanilla. Pour into greased or paper lined muffin pan. Bake muffins for 20 minutes or until baked through.

