

Eat Smart • Move More

Peanut Butter Muffins

Prep Time: 10 minutes

Total Time: 25 minutes



Ingredients

- Nonstick cooking spray
- 1 banana, mashed
- 1 cup 1% milk
- 1/3 cup canola oil
- 1/4 cup frozen apple juice concentrate, thawed
- 1/4 cup nonfat dry milk
- 1/4 cup peanut butter
- 2 eggs, beaten
- 2 1/4 cups whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda

Nutrition Facts

12 servings per container	
Serving size	1 serving (80.59g)
Amount per serving	
Calories 210	
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes g Added Sugars	
Protein 7g	
Vitamin D 0mcg	2%
Calcium 87mg	6%
Iron 1mg	6%
Potassium 302mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

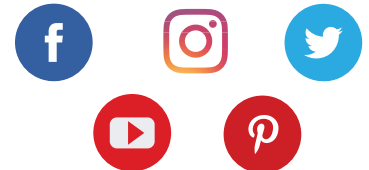
Directions

- Heat oven to 350°F. Spray a muffin tin with nonstick cooking spray or line with paper liners. Set aside.
- In a mixing bowl, combine the banana, milk, oil, juice concentrate, dry milk, peanut butter, and eggs. Mix thoroughly until mixture becomes creamy.
- Add the flour, baking powder, and baking soda to a separate mixing bowl.
- Stir the wet mixture into the dry ingredients, until moist. Mixture will be lumpy.
- Fill each muffin cup about 2/3 full.
- Bake for 15 minutes or until golden brown. Once muffins are done, remove from the muffin tin and allow to cool.

Quick Tips

- Did you know that you can freeze the muffins to make breakfast or snack time easier? After you have baked the muffins, place them in the freezer in an airtight container for up to 12 months. To thaw them, simply place them on the counter at room temperature for 1 hour.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe from: <http://kidshealth.org>.)

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