

#QUARANTINE KITCHEN | Budget-Friendly Recipes Using Canned & Dry Foods

Peanut Butter-Banana Breakfast Muffins *(Makes 12 muffins.)*

Ingredients

- 1 c. all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ¼ c. crushed shredded wheat cereal
- ¼ tsp. cinnamon
- 2 medium ripe bananas, mashed
- ½ c. peanut butter
- 1 egg, beaten
- ¼ c. low-fat milk
- ¼ c. water
- ½ c. sugar

Directions:

1. Preheat oven to 400°. Coat muffin pan with nonstick cooking spray or line with paper muffin cups.
2. In large bowl, mix flour, baking powder, salt, cereal, and cinnamon. In separate bowl, mix bananas and peanut butter together, then add egg, milk, water and sugar and mix until combined. Stir flour mixture into banana mixture.
3. Spoon batter into muffin cups. Cups should be half-full.
4. Bake 15 to 18 minutes or until a fork or toothpick inserted into the center of the muffins comes out clean.

Nutrition info: Serving size: 1 muffin, Calories 166, Fat 6g, Protein 5g, Fiber 1g, Sodium 138mg, Carbohydrate 25g.

Recipe developed by UAEX SNAP-Ed.

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