

BANANA KALE MUFFINS

RECIPE PROVIDED BY THE FOOD BANK

Culinary Intro:	This is a healthy, whole-grain recipe for muffins. Whole grains are important since they deliver fiber and nutrients not found in refined grains.
Nutrition Intro:	

<p>Prep Time: 5 min Ingredients for 12 servings Each serving = 1 muffin Cost per serving= \$ Ingredients:</p> <table style="width: 100%; border: none;"> <tr><td style="width: 15%;">3/4 cup</td><td>Oat flour</td></tr> <tr><td>3/4 cup</td><td>Whole wheat flour</td></tr> <tr><td>1 tsp</td><td>Baking powder</td></tr> <tr><td>1/2 tsp</td><td>Baking soda</td></tr> <tr><td>1 pinch</td><td>Salt</td></tr> <tr><td>1/2 tsp</td><td>Cinnamon</td></tr> <tr><td>1/4 tsp</td><td>Nutmeg</td></tr> <tr><td>1/2 cup</td><td>Unsweetened applesauce</td></tr> <tr><td>1 each</td><td>Large egg</td></tr> <tr><td>2 tsp</td><td>Vanilla extract</td></tr> <tr><td>3 cups</td><td>Chopped kale</td></tr> <tr><td>1 each</td><td>Banana</td></tr> <tr><td>1/4 cup</td><td>Maple syrup</td></tr> <tr><td>2 TBSP</td><td>Coconut oil</td></tr> </table> <p>Steps: 1) Pre-heat oven to 350 degrees. 2) Line a muffin tin with paper liners or coat with cooking spray. 3) Whisk together the oat flour, whole wheat flour, baking powder, baking soda, salt, cinnamon and nut-meg. 4) In a blender, combine the applesauce, egg, vanilla, kale, banana, maple syrup, and coconut oil. Blend on low speed until combined. 5) Add the blended wet mixture to the dry and mix gently to combine. Scoop the batter into the prepared muffin tin and bake for 16-18 minutes or until a toothpick inserted comes out clean.</p>	3/4 cup	Oat flour	3/4 cup	Whole wheat flour	1 tsp	Baking powder	1/2 tsp	Baking soda	1 pinch	Salt	1/2 tsp	Cinnamon	1/4 tsp	Nutmeg	1/2 cup	Unsweetened applesauce	1 each	Large egg	2 tsp	Vanilla extract	3 cups	Chopped kale	1 each	Banana	1/4 cup	Maple syrup	2 TBSP	Coconut oil	<p style="text-align: center;">Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 5%; font-size: 24pt;">1</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> The bananas and apple sauce are good to be used in desserts or sweet breakfast items to help make things sweet without using a lot of adding sugar. <p>Nutrition: Click here to enter text.</p> </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">2</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> Kale or spinach is great in this recipe because it adds vegetables to the recipe without taking away the sweet taste of the muffin. <p>Nutrition:</p> <ul style="list-style-type: none"> Kale adds fiber and nutrients not found in most muffin recipes. </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">3</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> Cinnamon and nutmeg add a sweet profile without adding more sugar. <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">4</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> If you don't have oat flour on hand, you can make your own by processing whole oats in a food processor until it has a flour-like texture. <p>Nutrition:</p> <ul style="list-style-type: none"> This recipe includes whole grains, helping you consume more whole grains in your diet, as well as eating a healthy breakfast. </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">5</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> Be careful not to over mix the muffin batter <p>Nutrition:</p> <ul style="list-style-type: none"> </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> The bananas and apple sauce are good to be used in desserts or sweet breakfast items to help make things sweet without using a lot of adding sugar. <p>Nutrition: Click here to enter text.</p>	2	<p>Culinary:</p> <ul style="list-style-type: none"> Kale or spinach is great in this recipe because it adds vegetables to the recipe without taking away the sweet taste of the muffin. <p>Nutrition:</p> <ul style="list-style-type: none"> Kale adds fiber and nutrients not found in most muffin recipes. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> Cinnamon and nutmeg add a sweet profile without adding more sugar. <p>Nutrition:</p> <ul style="list-style-type: none"> 	4	<p>Culinary:</p> <ul style="list-style-type: none"> If you don't have oat flour on hand, you can make your own by processing whole oats in a food processor until it has a flour-like texture. <p>Nutrition:</p> <ul style="list-style-type: none"> This recipe includes whole grains, helping you consume more whole grains in your diet, as well as eating a healthy breakfast. 	5	<p>Culinary:</p> <ul style="list-style-type: none"> Be careful not to over mix the muffin batter <p>Nutrition:</p> <ul style="list-style-type: none">
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Nutrition Facts

12 servings per container

Serving size 1 Muffin

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 4g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 15mg 5%

Sodium 110mg 5%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 4g Added Sugars 8%

Sugar Alcohol 0g

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 1mg 6%

Potassium 202mg 4%

*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.

Clean-up/Review comments

Culinary:

Click here to enter text.

Nutrition:

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 serving dish for final presentation 5. mise en place cups 6. 1 electric skillet 7. Muffin tins 8. Paper liners or cooking spray 9. Blender 10. Mixing bowl 11. 1 can opener 12. 1 strainer/ sieve 13. silicone spatula 14. measuring cups 15. measuring spoons 16. paper plates/ cups/ soufflé cups 17. tasting spoons 18. paper towels 19. tablecloth 20. kitchen towel 21. gloves 22. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • 1 banana • 1 large egg • kale <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Oat flour <input type="checkbox"/> Whole wheat flour <input type="checkbox"/> Baking powder <input type="checkbox"/> Baking soda <input type="checkbox"/> Salt <input type="checkbox"/> Cinnamon <input type="checkbox"/> Nutmeg <input type="checkbox"/> Unsweetened applesauce <input type="checkbox"/> Vanilla extract <input type="checkbox"/> Maple syrup <input type="checkbox"/> Coconut oil <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation:</p>	