



Sunshine Muffins



Ingredients



Adapted from *ohsbegloms.com*

- 3/4 cup mashed banana (2-3 ripe bananas)
- 2 oranges
- 1 tsp. apple cider vinegar
- 1/4 cup maple syrup or honey
- 1/4 cup avocado, coconut, or other vegetable oil
- 1 tsp. vanilla extract
- 1/4 cup sugar
- 2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1 cup blueberries (fresh or frozen, see back for details)



Directions



Yield: 12 muffins **Serving size:** 1 muffin

Total cost: \$5.56 **Serving cost:** \$0.46

1. Preheat the oven to 350°F. Grease or line a muffin tin. Mash your bananas on a plate and measure to get 3/4 cup. Zest both oranges into a large bowl, then cut them in half and squeeze out all the juice into the same bowl. Measure how much juice you were able to get and if you don't quite have 3/4 cup, you can add water or milk to make up the difference. If you have extra, you just have to drink it, I'm sorry :)
2. In the bowl with the orange zest and juice, combine the mashed banana, orange juice, apple cider vinegar, maple syrup, vanilla extract, oil, and sugar. Stir well to combine.
3. Add the flour, baking powder, salt, and baking soda and mix gently until the dry mixture is almost all mixed in. Fold in the blueberries and gently stir until evenly distributed.
4. Divide between 12 muffin cups filling each cup about 3/4 full. Bake for 23-27 minutes, until muffins are no longer dough-y in the center and a toothpick comes out clean.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Use fresh or frozen blueberries. If using frozen, do not allow them to thaw before mixing into batter. Using frozen berries will also mean that your muffins need a few extra minutes to bake.
- To include some whole grains, try using half whole wheat flour, or all whole wheat pastry flour, or all spelt flour!

Nutrition Facts	
12 servings per container	
Serving size	1 muffin
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 1.08mg	6%
Potassium 141mg	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.

Second Harvest is an equal opportunity provider.



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