



## The Kitchen at Second Harvest Gingerbread Muffins

try at home recipe

Recipe from Fork Knife Swoon

Yield: 12 muffins

Serving Size: 1 muffin

### Ingredients

- 1/2 cup banana, mashed (1 small/medium banana)
- 1 large egg
- 1 tsp vanilla extract
- 1 1/2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground cloves
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1/2 cup vegetable oil
- 1/3 cup molasses
- 1/3 milk of choice
- 1/3 cup granulated sugar
- 1/3 cup (packed) brown sugar
- 1 tsp baking soda
- 1/2 tsp baking powder
- 2 1/4 cup all purpose flour

### Directions

1. Preheat oven to 400 degrees fahrenheit. Line a 12-cup muffin pan with paper liners or lightly grease with non-stick cooking spray.
2. In a large mixing bowl, mash the banana with a fork. Add the egg, vanilla, salt and spices, mix thoroughly.
3. Add the oil, molasses, milk, stir to combine. Add both sugars, baking powder, and baking soda, stir to combine. Fold in the flour until just mixed. Do not overmix.
4. Divide batter evenly between muffin cups. Bake for 10 minutes at 400 degrees. Rotate pans, lower oven temperature to 375 degrees and bake for an additional 7-9 minutes until a cake tester inserted into the center of the muffin comes out clean.

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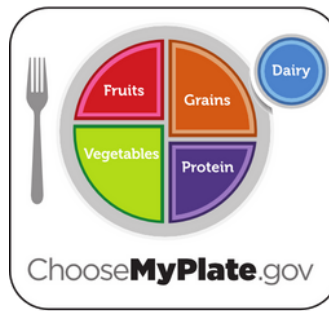


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

## Cooking Tips

- You can replace the egg with a flax egg for vegan gingerbread muffins. Simply stir together 1 Tbsp ground flaxseed with 2.5 Tbsp water in a small bowl. Let sit for 5 minutes while you're getting the rest of the ingredients together (it will thicken up), and add to the batter in place of the egg.

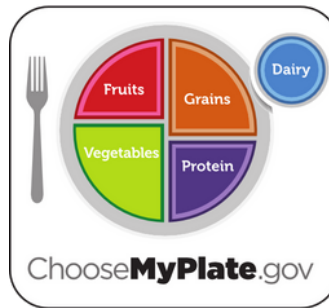
**Second Harvest is an equal opportunity provider.**



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## Nutrition Facts

Nutrition Facts	
12 servings per container	
Serving size	1 Muffin
Amount Per Serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 14g Added Sugars	28%
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0.1mcg	0%
Calcium 103mg	8%
Iron 0.6mg	4%
Potassium 211mg	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.	

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