



# Banana Applesauce Muffins

Makes 24 mini muffins

*Preparation time: 10 minutes*

*Cooking time: 15 to 20 minutes*

*Preheat oven to 400°F (200°C)*

**Common allergens: egg, wheat**

### Equipment List

- 24-cup mini-muffin tin, lightly greased or lined with paper cups
- Large bowl
- Medium bowl
- Mixing Spoon
- Measuring cups and spoons

### Nutrition Information

Calories	39 calories
Total Fat	1.25 g
Saturated Fat	0.1 g
Sodium	259 mg
Carbohydrate	6 g
Fibre	1.8 g
Sugar	2.8 g
Protein	1.6 g

### What You Need

INGREDIENTS	AMOUNTS	METRIC
Whole wheat flour	2 cups	500 mL
Baking powder	1 tbsp.	15 mL
Baking soda	1 tsp.	5 mL
Salt	½ tsp.	2 mL
Ripe bananas, mashed	1 1/3 cups ( 3 bananas)	325 mL
Egg, lightly beaten	1 egg	
Unsweetened applesauce	1 cup	250 mL
Granulated sugar	½ cup	125 mL
Olive or canola oil	¼ cup	60 mL

### Instructions



1. In a large bowl, combine flour, baking powder, baking soda and salt.
2. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups.
4. Bake in preheated oven for 15 to 20 minutes or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in tin for 10 minutes, and then remove to a wire rack to cool completely.

*Recipe taken from Bake Better Bites*