

# BANANA MUFFINS

## Small Batch, One Banana Banana Muffins

### Ingredients:

- 1/3 Cup Melted Butter
- 1 Egg
- 1 Ripe Banana
- 1/4 Cup Honey
- 1 Teaspoon Vanilla
- 1/2 Cup Flour
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Baking Soda
- Chopped walnuts or pecans (optional)

### Directions:

#### Adult Prep:

- Preheat oven to 425 degrees F
- Melt butter in a small sauce pan.

#### Illustrated Instructions on following page

1. Paint muffin tray with butter. (12 mini muffins or 6 regular muffins)
2. Crack egg into a medium sized mixing bowl (with a pour spout if possible)
3. Pick out any egg shells.
4. Add 1 banana, remaining butter, 1/4 cup honey and 1 teaspoon vanilla.
5. Mix
6. Add 1/2 cup flour, 1/4 teaspoon salt and 1/4 teaspoon baking soda.
7. Mix
8. Pour in to muffin tray.
9. Top with chopped nuts (optional)
10. Bake for mini muffins for 12-14 minutes and regular muffins for 14-16 minutes.
11. Enjoy warm!

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1. Paint muffin tray with butter.



2. Crack 1 egg in mixing bowl.



3. Pick out any shells.

4. Add



1 Banana



remaining  
melted butter

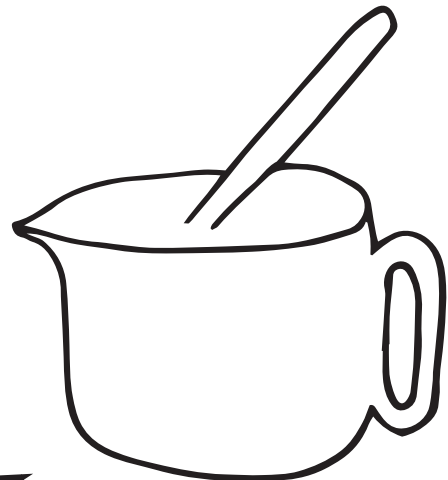
1/4 cup honey



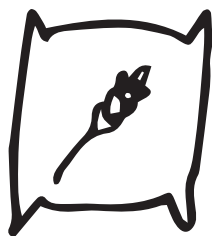
1 Teaspoon  
Vanilla



5. Mix



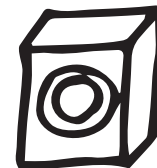
6. Add



1/2 cup flour



1/4 Teaspoon Salt



1/4 Teaspoon  
Baking Soda



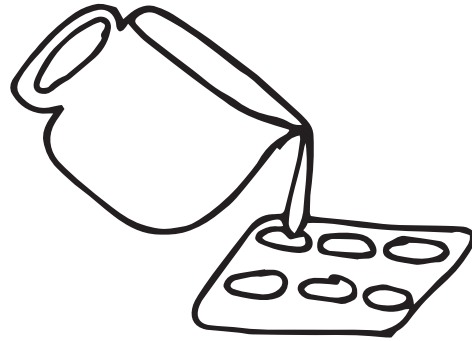
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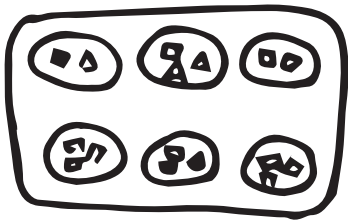
7. Mix



8. Pour into Muffin Tray



9. Top with chopped nuts



(Optional)

10. Bake



11.

