

# EA's Granola Banana Crunch Muffins

*Yields 12 regular size muffins.*

A few tips on making tasty muffins: Sift your dry ingredients together; Don't be tempted to over mix – if you do, your muffins won't be tender; Check muffins 5 minutes before the recipe states they will be done – every oven is different!

## Ingredients

- 1 1/2 C all-purpose flour
- 180g 1/2 C sugar 100g
- 1t baking powder
- 1/4 t salt
- 1/4 t cinnamon
- 1/4 c butter, melted
- 1/4 c applesauce 70 g (in the fall, pumpkin butter is a tasty replacement!)
- 1 extra large egg(2 fl ounces)
- 100 ml milk (3 1/3 ounces)
- 1 t vanilla extract
- 1/2 C mashed banana about
- 1/2 C small diced banana
- 1/4 C pepitas, slightly minced 35g
- 1 1/4 C EA's crunchy granola, divided
- 3 T sunflower kernels, roasted 30 g

## Equipment

- cutting board
- paring knife
- dry and liquid measuring cup
- measuring spoons
- medium/large mixing bowls
- wooden spoon
- silicone spatula
- muffin pan
- muffin C
- muffin scoop
- toothpicks

## Directions

Preheat oven to 350. Sift dry ingredients into mixing bowl. Add melted butter and applesauce - mix just until combined. In a separate bowl, mix together eggs, milk, vanilla, and bananas. Stir into dry ingredients just until mixed. Fold in pepitas and 1/2 cup granola.

Using a 1-ounce scoop, fill 12 regular-sized lined muffin C (spray paper liners). Top each muffin with a heaping teaspoon of granola. Bake 20 minutes, turning halfway through, or until tops are golden brown and toothpick comes out clean. Let set five minutes before removing to a cooling rack. Serve warm or store cooled muffins in an airtight container.

What is a pepita? Pepita is Mexican Spanish for pumpkin seed. Pepitas are readily available in most grocery stores and are a good source of protein, iron, zinc, manganese, magnesium, phosphorus, and zinc.

*Greystone*