THE J.M. SMUCKER Co

Banana Oat Muffins

Prep Time	Cook Time	Serves	Difficulty
15 mins	25 mins	12	N/A

Ingredients

- 1 1/4 cups (300 mL) **Robin Hood®** Oats

  Robin Hood® Quick Oats

- 1 1/4 cups (300 mL) **Robin Hood®** Original All Purpose Flour

  Robin Hood® Original All Purpose Flour

- 2/3 cup (150 mL) granulated sugar
- 1 1/2 tsp (7 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 egg
- 2 cups (500 mL) mashed banana
- 1/3 cup (75 mL) butter, melted
- 1/2 cup (125 mL) nuts, chopped (optional)

Directions

Step 1:

Preheat oven to 375°F (190°C). Grease 12 muffin pans.

Step 2:

Combine first 6 dry ingredients in large bowl. Mix well.

This is a perfect recipe for your kids to learn to bake with you. Let them measure and, with your help, mix each step.

Step 3:

Beat egg, banana and melted butter together in small bowl until smooth.

Mashing the bananas is a fun task for kids of all ages. Get your kids to use a potato masher, a fork or even their clean hands.

Step 4:

Add banana mixture to dry ingredients. Stir just until moistened.

Let your kids mix together the dry ingredients then the wet ingredients, and have them feel the difference in texture. Finally, have them mix the dry with the wet and see what happens!

Step 5:

Fill prepared pans almost full.

Don’t forget to grease the muffin tins! Then use an ice cream scoop to fill each cup evenly and mess free.

Step 6:

Bake in preheated oven for 20 to 25 minutes, or until top springs back when lightly touched.

Want a great school snack for your kids? Replace the nuts with chocolate chips, raisins or dried cranberries, and try

topping the muffins with oats for added texture.

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