

# Oat Bran Banana Muffins

## Ingredients

Eggs, large	4 each	4 each
Canola oil	$\frac{3}{4}$ cup	175 mL
Sugar	1 $\frac{3}{4}$ cups	425 mL
Banana, mashed	4 cups	1 L
Vanilla	1 Tbsp	15 mL
Whole wheat flour	4 cups	1 L
Baking soda	4 tsp	20 mL
Baking powder	4 tsp	20 mL
Oat bran	4 cups	1 L
Raisins (see Tips)	1 $\frac{1}{3}$ cup	325 mL

## Directions

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine eggs, canola oil, sugar, bananas, and vanilla – mix well.
3. In another bowl, mix together flour, baking soda, baking powder, oat bran, and raisins.
4. Stir dry ingredients into egg mixture, mixing only until combined.
5. Spoon 2 Tbsp (30 mL) of batter into non-stick or paper-lined muffin tins.
6. Bake at 375°F (190°C) in oven for 15–20 minutes or until firm to touch.
7. Portion 1 muffin each onto 50 serving plates.

Makes 50 muffins (55g) servings.

Nutrition Facts			
Per muffin (55 g)			
Amount	% Daily Value		
<b>Calories</b> 140			
<b>Fat</b> 4.5 g		<b>7</b> %	
Saturated 0.5 g + Trans 0 g		<b>3</b> %	
<b>Cholesterol</b> 15 mg			
<b>Sodium</b> 130 mg		<b>5</b> %	
<b>Carbohydrate</b> 26 g		<b>9</b> %	
Fibre 2 g		<b>8</b> %	
Sugars 12 g			
<b>Protein</b> 3 g			
Vitamin A 0 %	Vitamin C 2 %		
Calcium 2 %	Iron 6 %		

Nutrient Claim	Amount per Serving
Source of fibre	3 g
Low in sodium	130 mg
Source of iron	1.0 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/4
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

## Alberta Nutrition Guidelines Category

Choose Most Often  
(Grain Product)



### Recipe Tips

- Raisins are a choking hazard and should not be offered to children under 4. Omit the raisins for this age group. For older children, raisins add sweetness to the recipe, but the muffins will still taste great if you choose to omit them.
- Oat bran is a great source of fibre. It can be found in the baking or cereal aisle, or in bulk stores. If you can't find oat bran, try using wheat bran instead.
- Try making mini muffins - spoon 1 Tbsp (15 mL) of batter into muffin tins and bake for 10 minutes. This will yield about 130 muffins.
- Shopping tip: 10 bananas will yield about 4 cups of mashed bananas.

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