

Orange Banana Muffins

Eating foods with fibre is an important part of a healthy diet. This recipe uses whole wheat flour and fruit, which are good sources of fibre!



Ingredients:

1 cup	Whole wheat flour	250 mL
1 cup	All purpose flour	250 mL
¼ cup	Wheat bran	60 mL
1 tsp	Baking soda	5 mL
1 tsp	Baking powder	5 mL
¼ tsp	Salt	1 mL
1 cup	Bananas, mashed	250 mL
½ cup	Orange juice concentrate	125 mL
¼ cup	Brown sugar	60 mL
¼ cup	Canola oil	60 mL
¼ cup	1% milk	60 mL
1 large	Egg	1 large
	Non-stick cooking spray	

Directions:

1. Preheat oven to 400°F (205°C).
2. Lightly spray a 12 cup muffin tin with non-stick cooking spray or line with paper muffin liners.
3. In a bowl, combine whole wheat flour, all purpose flour, wheat bran, baking soda, baking powder and salt.
4. In another bowl, stir together bananas, orange juice concentrate, brown sugar, oil, milk and egg.
5. Add wet mixture to dry ingredients. Stir just until mixed.
6. Spoon batter into muffin tins.
7. Bake in preheated oven for 20–25 minutes or until muffins are firm to touch and golden.

Makes 12 muffins (61 g)

Source: developed by Julie Van Rosendaal for Apple Magazine, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

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Nutrition Facts	
Per 1/12 of recipe (1 muffin/ 61 g)	
Amount	% Daily Value
Calories 170	
Fat 5 g	8 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 15 mg	
Sodium 190 mg	8 %
Carbohydrate 30 g	10 %
Fibre 2 g	8 %
Sugars 11 g	
Protein 4 g	
Vitamin A	2 %
Vitamin C	35 %
Calcium	4 %
Iron	10 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	0.5 g
Source of potassium	241 mg
Source of magnesium	35 mg
High in folate	54 mcg
Source of iron	1.3 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	1 1/2
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Products) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- Muffin tin