



ANA's Kitchen Corner

This Week's Recipe: *Raisin Bran Banana Muffins*

Ingredients:

All Bran cereal, flakes 2 cups, Raisins 1 cup, Boiling water 2 cups

Bananas, mashed 3

Eggs, beaten 2

Vegetable oil ¼ cup

Sugar, white ½ cup

Whole wheat or white flour 2 cups

Salt ½ teaspoon

Baking soda 2 teaspoons

Directions: 1. Preheat the oven to 350°F.

2. Add All Bran cereal, raisins and boiling water to a large bowl. Mix together and let sit for 10 minutes.

3. Add the following to the bowl: mashed bananas, beaten eggs, oil, sugar, whole wheat flour, salt, and baking soda.

4. Mix the ingredients together until just combined. Do not over-mix. Grease muffin tins or use paper muffin cups. Spoon batter into muffin cups until 2/3 full.

5. Bake for 15-20 minutes. To test if the muffins are done: Stick a fork or toothpick in the centre of a muffin and pull it out. If it comes out clean, the muffins are done. Makes 24 muffins

Recipe from: www.hsmm.ca

Ana's Kitchen Tips & tricks: Coat things like fruit and chocolate chips in flour before adding them to your mix. This prevents all the bits from sinking to the bottom and ensures you've got an even distribution of flavour. Use an ice cream scoop to portion your muffins and cupcakes. When I make muffins or cupcakes, I use a large ice cream scoop to fill the liners. It's faster and less of a mess if you cook with your younger siblings or your own young children. One of the greatest baking tools I bought myself!!