

KID FRIENDLY MUFFINS



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Ingredients

Yield: 12

- 1/2 c lite butter, softened
- 1/2 c brown sugar, or to taste
- 2 large bananas, mashed
- 1 (4.5 ounce) jar baby food squash
- 2 carrots, finely grated
- 2 eggs, beaten
- 1 c all-purpose flour
- 1/2 c oat bran
- 1 tsp baking soda
- 1 tsp pumpkin pie spice
- 1/2 tsp salt

Directions

1. Preheat an oven to 375 degrees F. Grease 24 mini muffin cups or 12 standard muffin cups.
2. In a mixing bowl, cream together the butter and brown sugar until smooth. Mix in the mashed bananas, squash, carrots, and eggs. Stir in the flour, oat bran, baking soda, pumpkin pie spice, and salt until just combined. Spoon the batter equally into the prepared muffin cups.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. Store at room temperature for up to two days, or freeze.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 muffin	146	4.5 g	3.1 g	25 g	283 mg

Carbohydrate Exchanges: 2