



recipes

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Cookie Monster's Banana Bran Muffins

"Me Love Muffins!"



Prep Time:
20 min



Cook Time:
25 min



Makes:
12 muffins

Ingredients:

- 1 cup flour
- 1 medium ripe banana, mashed
- 2 tsp baking powder
- $\frac{3}{4}$ cup low-fat or fat-free milk
- $\frac{1}{4}$ cup sugar
- 2 cups bran flake cereal
- 1 egg, beaten

Cookie Monster loves cookies, but he goes bananas over these banana bran muffins!

Directions:

Step 1: Things You'll Need

Gather these ingredients to make Cookie Monster's Banana Bran Muffins. To add more fiber, replace $\frac{1}{2}$ cup of white flour with $\frac{1}{2}$ cup whole wheat flour.

Step 2: Sing While You Mix!

Preheat oven to 400°F. Then, mix flour, baking powder, and sugar in a large bowl.

Little Hands Tip: Sing a silly song while you stir!

Step 3: Slice It Up

Cookie has a great idea—slice the banana into smaller pieces so that it's easier to mash later! Make sure a parent does this step.



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Step 4: Monster Mash

In a separate bowl, mix the egg, banana, milk, and cereal. Let stand 5 minutes. Then, stir mixture until the banana and cereal are completely mashed.

Little Hands Tip: Make funny sounds while you mash: "MASH, SMASH, CRUNCH!"

Step 5: Count and Stir

Add the cereal and milk mixture to flour mixture. Stir until blended.

Little Hands Tip: Count each stir aloud. How many stirs does it take?

Step 6: Muffin Shapes

Grease a muffin pan with butter.

Little Hands Tip: Name the round shapes you see in the muffin pan.

Step 7: Spoon and Count

Spoon batter into a greased muffin pan and fill each cup two-thirds full.

Little Hands Tip: Count how many muffins there will be.

Step 8: Bake and Serve

Bake for 20-25 minutes, or until golden brown. Serve warm.

Step 9: Go Bananas!

Cookie Monster thinks eating banana bran muffins is just as much fun as eating cookies!