



Moist Banana Muffins

Yield: Serves 24

Total Time: 30-45 minutes

Ingredients:

- 4 Ripe Bananas
- 2 (4 oz.) Unsweetened Applesauce Packs
- 1 Organic Egg
- 1 Tablespoon of Vanilla
- 2 Cups Unbleached Organic All-Purpose Flour
- 2 Teaspoons Baking Powder
- 1 Teaspoon Baking Soda
- 1 Teaspoon Kosher Salt
- ½ Cup Granulated Sugar
- ½ Cup Brown Sugar

- ½ Cup Kerrygold Salted Irish Butter
- Non-Stick Cooking Spray

Equipment Needed:

- 2 Muffin Pans
- Whisk/Hand Held Blender/KitchenAid Blender
- Large Mixing Bowl
- Measuring Cup
- Spatula
- Measuring Spoons
- Large Spoon

Prep:

- Preheat oven to 350 degrees Fahrenheit
- Open 2 (4 oz.) unsweetened applesauce packs and set aside
- Peel 4 ripe bananas and set aside

Directions:

Wet Mix

- Get a large mixing bowl or use a KitchenAid mixer
- Crack a large egg and pour into the bowl/mixer
- Pour 2 unsweetened applesauce packs into the bowl/mixer
- Pour 4 peeled bananas into the bowl/mixer
- Pour 1 tablespoon of vanilla into the bowl/mixer
- Mix until all ingredients are well blended using a whisk or paddle attachment on the mixer

Dry Mix

- Pour 2 cups of unbleached organic all-purpose flour into the wet mix bowl
- Pour 2 teaspoons of baking powder, 1 teaspoon baking soda, 1 teaspoon of kosher salt, ½ cup of granulated sugar, and ½ cup of brown sugar into the wet



mix bowl

- Mix the dry ingredients with the wet ingredients while gradually adding small slices of Kerrygold Salted Irish Butter into the mix
- Mix until all ingredients are well blended using a whisk or paddle attachment on the mixer

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- Get 2 muffin pans and spray non-stick cooking spray into the pans making sure they are well coated
- Using a large spoon pour the banana muffin mix from the bowl into the muffin pans
- After the muffin pans are filled with banana muffin mix then place the muffin pans into the oven
- Bake the banana muffins for 20 minutes
- Remove from oven and let the banana muffins cool down on the counter for about 5-10 minutes before serving
- Serve

***** Season to suit your taste buds*****