



BANANA DATE MUFFINS

Yield: 24 Servings

Ingredients

Date Paste

2 cups
½ cup

Pitted Dates
Water

Banana Date Muffin

3 tablespoons
1 cup
1 tablespoon
2 teaspoons
1 teaspoon
½ teaspoon
1 tablespoon
1
⅔ cup
3 cups

Banana, mashed
Date Paste (see above)
Vanilla Extract
Baking Soda
Ground Cinnamon
Kosher Salt
Chia Seeds
Large Egg
Canola Oil
All-Purpose Flour

Procedures

Date Paste

1. In a food processor, mix pitted dates and water. Add additional water as needed to form a paste consistency and set aside.

Pumpkin Oatmeal Raisin Cookie

1. Preheat oven to 325°F.
2. In a mixing bowl, combine the banana and date paste. Smash until there are no lumps in the mixture.
3. Add the vanilla extract, baking soda, cinnamon, salt, chia seeds, egg and canola oil.
4. Add flour and mix until combined.
5. Place muffin papers in a muffin pan and spray with nonstick cooking spray. Portion 3 tablespoons of mixture into each of the prepared muffin tins.
6. Bake for 12-15 minutes, rotating halfway through. Allow 10 minutes to cool before removing from pan.

Nutrition Facts

Serving size 1.50 oz. (43 g)

Amount per serving
Calories 150

		% Daily Value*
Total Fat	7g	8%
Saturated Fat	1g	4%
Trans Fat	0g	
Cholesterol	9mg	4%
Sodium	115mg	4%
Total Carbohydrate	20g	8%
Dietary Fiber	2g	8%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	9mg	0%
Iron	1mg	6%
Potassium	94mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.