



# FALL HARVEST ACTIVITY

Baking With Kids! Teaching Life Skills & Creating Memories!

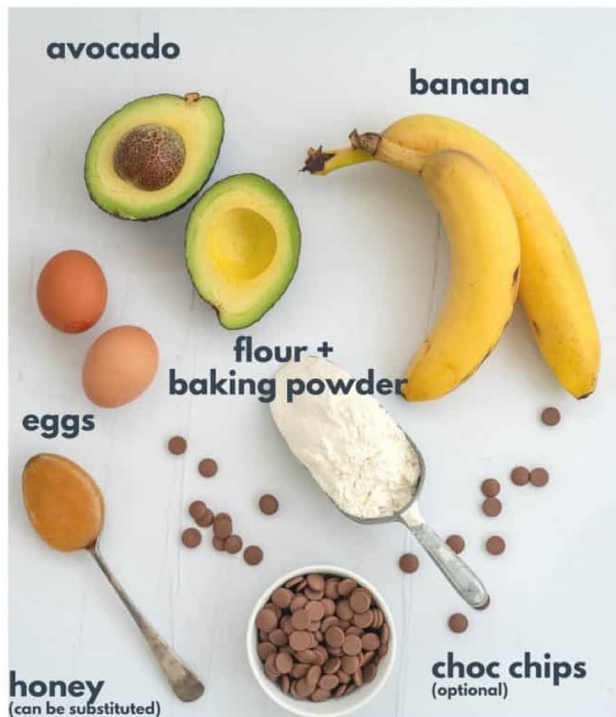


## Avocado Banana Muffins

Avocado and Banana muffins are a delicious low sugar muffin which are perfect for kids

### Ingredients to make

*avocado banana muffins*



- 1 ripe avocado
- 1-2 small bananas
- 2 eggs
- 2 Tbsp honey Can be substituted for maple syrup
- 1 tsp vanilla
- 1.5 cups plain flour
- 2 tsp baking powder
- ¼ cup dark choc chips optional

### INSTRUCTIONS

- Add the avocado, banana, eggs, honey and vanilla to a food processor or blender and blend until smooth
- In a large bowl sift the flour and baking powder, if you cant be bothered sifting just make sure you fork through the baking powder so it is well mixed
- Add the avocado and banana mix to the dry ingredients including the chocolate chips Mix gently until just combined (this is the secret of a good muffin texture, do not over mix them)
- Spoon into a greased or lined 12-hole muffin tin Bake at 350 degrees for 20-25 mins
- Leave to cool in the tray before you attempt removing them