

Banana Muffins (12 portions)

Baking Dish:	Muffin pans	
<u>DRY</u>		
Whole wheat flour	1 cup	<ol style="list-style-type: none"> 1. Preheat oven to 350°F and grease the pans with oil or cooking spray. 2. In a medium bowl, combine all dry ingredients. 3. In another bowl, mix soy beverage and vinegar. Let stand for 1 minute. 4. Then add the other liquid ingredients to the soy beverage and vinegar mixture. 5. Pour liquid mixture over dry ingredients. Stir just enough to combine all ingredients. 6. With the dark blue scoop (2 oz), put one spoonful of mixture in each muffin pan. 7. Cook for about 25 to 30 minutes. 8. Serve 1 muffin per child.
Baby mixed cereal without milk	¼ cup (60 ml)	
Baking powder	1 teaspoon (5 ml)	
Baking soda	½ teaspoon (2.5 ml)	
Cinnamon	½ teaspoon (2.5 ml)	
Quick oat	½ cup (125 ml)	
Salt	A pinch	
<u>LIQUID</u>		
Soy beverage	½ cup (125 ml)	
Vinegar	1 Tablespoon (15 ml)	
Brown sugar	¼ cup (60 ml)	
Canola oil	¼ cup (60 ml)	
Ripe bananas, mashed	3	
Vanilla	2 teaspoons (10 ml)	



Molasses Cookies (8 portions)

Baking Dish:	Cookie sheet	
<u>PUREE</u>		
Dried pitted dates	¼ cup (45 g)	
Water	¼ cup (60 ml)	
<u>DRY</u>		
Flour	1 cup	
Baby mixed cereal without milk	¼ cup (60 ml)	
Baking powder	½ teaspoon (2.5 ml)	
Baking soda	½ teaspoon (2.5 ml)	
Cinnamon	1 teaspoon (5 ml)	
Salt	A pinch	
<u>LIQUID & SUGAR</u>		
Brown sugar	¼ cup (55 g)	
Molasses	¼ cup (60 ml)	
Canola oil	3 Tablespoons (45 ml)	
		<ol style="list-style-type: none"> 1. Preheat oven to 350°F. Grease the baking sheet with oil or cooking spray. 2. Put the dates and water in a small pot. Bring to boil, drain, and reduce to a purée. Set aside. 3. In a large bowl, mix all dry ingredients. Then, make a hole in the middle. 4. In another bowl, combine all the liquid ingredients. Add the date purée and mix well. 5. Add the liquid mixture to the dry ingredients. Stir. 6. With the red scoop (1 ⅓ oz) or black?, place balls of cookie dough on the baking sheet, leaving some space between each cookie. 7. Cook for about 15 minutes or until cookies are golden brown. 8. Serve 1 cookie per child.



