



# Enfagrow Banana Muffins

A simple, 3-ingredient smoothie to give your toddler.

## Ingredients:

- 4 scoops of Enfagrow Premium Gentlease Toddler Nutritional Drink.
- 1 cup all purpose flour.
- 1 cup whole wheat flour
- 3/4 cup brown sugar.
- 5 teaspoons baking powder.
- 1 teaspoon table salt.
- 1/2 teaspoon baking soda.
- 1 1/2 cups oats.
- 2 eggs, slightly beaten.
- 6 tablespoons vegetable oil.
- 1 cup mashed bananas.

MyPlate serving equivalent: 1.5oz of grains.

## Directions:

Preheat oven to 400° F (200° C). Mix all dry ingredients (flour, brown sugar, baking powder, salt, baking soda & oats) in a large bowl. Make a well in the center & pour in the Enfagrow, eggs, oil, water and bananas. Stir with a fork until the dry ingredients are moistened. Fill well-greased muffin tins 2/3 full. Bake at 18-20 minutes or until a toothpick inserted in the center of the muffin comes out clean. Cool for 10 minutes; remove from pan to wire rack to cool completely. Cooking method can modify the nutrient delivery of the powder.