

Toddler Muffins



Vegetarian



Popular

READY IN



30 min.

SERVINGS



24

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas mashed
- ☐ 0.5 cup brown sugar to taste
- ☐ 0.5 cup butter softened
- ☐ 2 carrots grated
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup oat bran

- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 4.5 ounce baby food squash

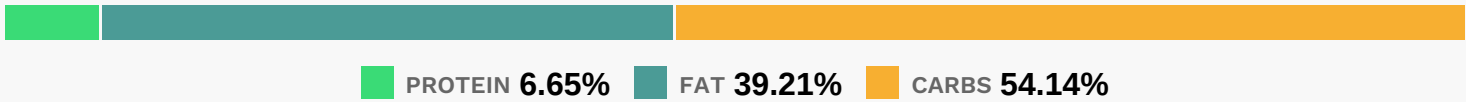
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Grease 24 mini muffin cups or 12 standard muffin cups.
- ☐ In a mixing bowl, cream together the butter and brown sugar until smooth.
- ☐ Mix in the mashed bananas, squash, carrots, and eggs. Stir in the flour, oat bran, baking soda, pumpkin pie spice, and salt until just combined. Spoon the batter equally into the prepared muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. Store at room temperature for up to two days, or freeze.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:4.98, Inflammation Score:-7, Nutrition Score:4.3995652483857%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.52kcal (4.83%), Fat: 4.48g (6.89%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 12.82g (4.66%), Sugar: 6.26g (6.96%), Cholesterol: 23.81mg (7.94%), Sodium: 135.03mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Vitamin A: 1559.72IU (31.19%), Manganese: 0.24mg (12.11%), Selenium: 4.28µg (6.11%), Vitamin B1: 0.08mg (5.61%), Folate: 17.43µg (4.36%), Fiber: 1.08g (4.33%), Phosphorus: 38.68mg (3.87%), Vitamin B2: 0.06mg (3.65%), Vitamin B6: 0.07mg (3.59%), Magnesium: 13.56mg (3.39%), Iron: 0.57mg (3.19%), Potassium: 108.13mg (3.09%), Vitamin C: 2.42mg (2.94%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.3mg (2%), Copper: 0.04mg (1.89%), Calcium: 14.62mg (1.46%), Zinc: 0.21mg (1.38%), Vitamin K: 1.25µg (1.19%)