

Recipe Name	Banana Muffins		Food Groups per Serving	
Serves	50		Vegetables & Fruit:	0
Serving Size	1 each		Grains	1
Total Cost per recipe	\$3.40		Milk & Alternates	0
Total Cost per serving	\$0.07		Meat & Alternates	0
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Eggs	2.00	ea	0.498	0.010
Vegetable oil	125.00	ml	0.567	0.011
Sugar, granulated	250.00	ml	0.279	0.006
Banana	500.00	ml	1.371	0.027
Vanilla extract	10.00	ml	0.016	0.000
Whole wheat flour	500.00	ml	0.144	0.003
Baking soda	10.00	ml	0.018	0.000
Baking powder	10.00	ml	0.028	0.001
Oat bran	500.00	ml	0.478	0.010
1. In large bowl, combine egg, oil, sugar, bananas and vanilla; mix well.				
2. In a second bowl, mix together flour, baking soda, baking powder, and oat bran.				
3. Stir dry ingredients into egg mixture, mixing only until combined.				
4. Spoon batter into nonstick or paper-lined muffin tins.				
5. Bake in 400°F (200°C) oven for 20-25 minutes or until firm to the touch.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	