

# Banana Cream Muffins

Recipe group  
Baked Goods

Additional name  
Baking & Pastry

Diet factors  
VG, NF

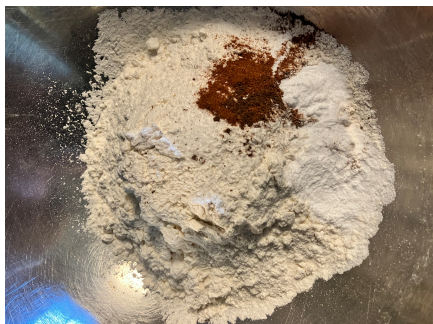
Portions Portion size  
12 5.10 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	2 cup	0 lb 11.60	34%	1 lb 1.50	Bananas, fresh, oz peeled, sliced	For Muffin Batter: In a stand mixer with a paddle attachment, cream all ingredients in step 1.
	2/3 cup	0 lb 5.12	0%	0 lb 5.12	Sugar, Brown oz	
	3 tbsp	0 lb 1.50	0%	0 lb 1.50	Non-Dairy Butter oz <i>Melted</i>	
	1 tsp	0 lb 0.15	0%	0 lb 0.15	Extract, Vanilla oz	



*Wet ingredients*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>2</b>	1 1/2 cup	0 lb 6.90	0%	0 lb 6.90	Flour, All-Purpose oz	Combine all dry ingredients, mix well. Add to ingredients in mixer and cream to combine.
	1 tsp	0 lb 0.17	0%	0 lb 0.18	Baking Soda oz	
	1 tsp	0 lb 0.14	0%	0 lb 0.14	Baking Powder oz	
	1 tsp	0 lb 0.08	0%	0 lb 0.08	Cinnamon, oz ground	
	1/4 tsp	0 lb 0.02	0%	0 lb 0.02	Nutmeg, ground oz	
	~ 1/8 tsp	0 lb 0.01	0%	0 lb 0.01	Salt, Kosher oz	



*Dry ingredients*



*Combining wet and dry ingredients*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>3</b>					Preheat oven to 350°F. With a #16 blue scoop, portion batter into lined muffin pan. Bake 20 minutes, rotating half way through baking time.

3

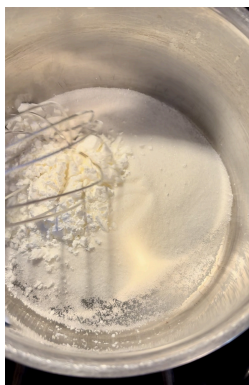


*Scooped batter*



*Baked muffins*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>4</b>	1/4 cup	0 lb 1.77 oz	0%	0 lb 1.78 Sugar, White, granulated	For Custard: Off heat, combine sugar and cornstarch in a saucepan. Heat over low/med heat, slowly whisking in soy milk, whisk frequently until thickened and starch is fully cooked, about 20 minutes.
	1/4 cup	0 lb 1.12 oz	0%	0 lb 1.12 Cornstarch	
	1 1/3 cup	0 lb 10.64 oz	0%	0 lb 10.64 Non-Dairy Milk, Soy, unsweetened	



*Mix sugar and cornstarch.*



*Slowly add soy milk.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	4 tsp	0 lb 0.67 oz	0%	0 lb 0.67 oz	Non-Dairy Butter, Unsalted	Remove from heat, add all ingredients from step 5, stir well. To cool, transfer to bowl and cover with plastic directly on the surface.
	1 3/4 tsp	0 lb 0.27 oz	0%	0 lb 0.27 oz	Extract, Vanilla	
	~ 1/8 tsp	0 lb 0.01 oz	0%	0 lb 0.01 oz	Cinnamon, ground	
	~ 1/8 tsp	0 lb 0.01 oz	0%	0 lb 0.01 oz	Turmeric, ground	
	~ 1/8 tsp	0 lb 0.01 oz	0%	0 lb 0.01 oz	Nutmeg, ground	



*Stir in remaining ingredients.*



*Mix until smooth.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>6</b>	2 cup	0 lb 9.20 oz	0%	0 lb 9.20 oz	Flour, All-Purpose	For Cookie Crumble: In bowl of stand mixer with paddle attachment, combine all ingredients from step 6, except butter, and mix well. Then add butter to dry mixture and mix to form loose crumbs.
	3/4 cup	0 lb 5.32 oz	0%	0 lb 5.33 oz	Sugar, White, granulated	
	2 tsp	0 lb 0.31 oz	0%	0 lb 0.31 oz	Extract, Vanilla	
	1/2 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Baking Soda	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	
	3/4 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Non-Dairy Butter, Unsalted <i>cubed</i>	



*Mix butter into  
dry ingredients.*



*Mix until crumbly.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>7</b>						Preheat oven to 350°F. Spread crumbs evenly on parchment lined sheet pan. Bake for 15 minutes and cool completely.

7



*Cookie crumble  
baked golden brown.*

Capacity  
measure

EP

Trim  
loss

AP Name of ingredient

Methods

8

For Service: Cool muffins completely. Carve out center of muffin and add 2 tablespoons custard. Top with 1 teaspoon cookie crumble.

8



*Center carved out of muffin to hold custard*



*Muffin filled with custard*



*Cookie crumble added*

**RECIPE IMAGES**



*Banana Cream Muffin*

**ALLERGENS**

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**MEMO**

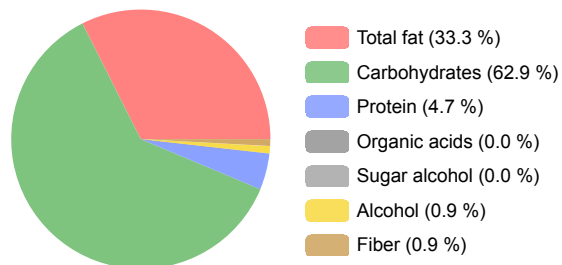
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## NUTRITION INFORMATION

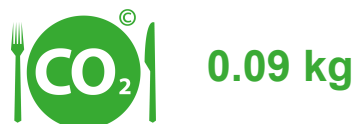
per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	436.39 kcal	22 %	Salt	0.63 g		
				1,825.86 kJ		Salt	0.43 %		
<b>Total fat</b>	16.45 g	21 %	33.33 %			Sodium	249.64 mg	11 %	Vitamins
Saturated	3.14 g	16 %	6.35 %			Phosphorus	80.74 mg	6 %	Vitamin A
Monounsaturated	7.60 g		15.39 %			Potassium	227.53 mg	5 %	Vitamin D
Polyunsaturated	5.05 g		10.24 %			Iron	0.82 mg	5 %	Thiamine
Trans fatty acids	3.07 g		6.23 %			Calcium	66.31 mg	5 %	Riboflavin
Cholesterol	0.00 mg	0 %				Zinc	0.33 mg	3 %	Niacin
Linolenic acid	4.37 g		8.85 %			Magnesium	22.09 mg	5 %	Vitamin B6
Alpha-linolenic acid	85.57 mg		0.17 %			Iodine	0.00 µg	0 %	Vitamin B12
<b>Total Carbohydrate</b>	67.50 g	25 %	62.85 %			Selenium	13.50 µg	25 %	Vitamin C
Sugars total	32.25 g	64 %				Copper	0.11 mg	12 %	Vitamin E
Added sugar	0.00 g	0 %	0.00 %						Vitamin K
Lactose	0.00 g								
Fiber	2.03 g	7 %	0.89 %						Others
Organic acids	0.00 g		0.00 %						Water
Sugar alcohol	0.00 g		0.00 %						53.03 g
Starch	1.47 g		1.37 %						
Protein	5.02 g	10 %	4.67 %						
Alcohol	0.59 g		0.94 %						

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.