

Cooking together is a fun (and tasty!) way to practice reading, math and language skills for the whole family. In addition to learning how to cook, appreciating new foods and building confidence, children also learn how to follow directions while practicing counting and measuring skills.

Children of all ages can help in the kitchen. Encourage younger children to help you by adding ingredients and mixing, and ask older children to help by counting and measuring ingredients.

Try this recipe together. Don't forget to practice literacy skills by reading the directions aloud!

Let's make yummy banana muffins!

Ingredients:

- 3 ripe bananas, mashed
- 6 tablespoons of vegetable oil (or Natrel milk)
- ¼ cup of sugar
- 1 teaspoon of vanilla
- 1 teaspoon of salt
- 1 egg
- 1 ½ cups of flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda

Optional:

You can add ½ cup of nuts or seeds or chocolate chips!



Directions:

1. Preheat oven to 350 degrees F.
2. Spray a 12-cup muffin tin with cooking spray and set aside (or use muffin cup liners instead of the spray.)
3. Get a large bowl and add bananas, oil (or Natrel milk), sugar, vanilla, salt and egg and mix together.
4. Add flour, baking powder and baking soda to your mixture and stir until combined but still lumpy.
5. Pour in optional ingredients if you're using them.
6. Fill the muffin cups to about ¾ full.
7. Bake until muffins are golden brown, about 15-20 minutes.
8. When the muffins are cool, remove them from the muffin tin. Enjoy!