



BANANA BLUEBERRY MUFFINS

These muffins are a great quick breakfast treat, with bananas and blueberries providing soluble fiber, potassium, and phytonutrients. Non-dairy milk can be substituted for those who are intolerant to lactose and whole-wheat flour can be substituted to increase the fiber content. **Yield: 12 muffins**

INGREDIENTS:

- ½ cup mashed ripe banana (about 1 large)
- ½ cup granulated sugar
- ½ cup milk (may also sub any non-dairy milk)
- ⅓ cup canola oil
- 1 Tbsp. vanilla extract
- 1 tsp. cinnamon
- 1 cup all-purpose flour (or whole wheat flour)
- 2 tsp. baking powder
- ½ cup frozen blueberries

DIRECTIONS:

1. Preheat oven to 400°.
2. Line muffin pan with paper cups.
3. In a large bowl, mash the banana with a fork.
4. Add the sugar, milk, oil, vanilla, cinnamon, and whisk until combined.
5. Add the flour, baking powder, and stir until just combined; don't over mix.
6. Fold in ½ cup frozen blueberries.
7. Add batter to muffin tin (for easy distribution use medium cookie scoop)
8. Bake for 15-20 minutes, or until tops are slightly golden.

NUTRITIONAL DATA:

Nutritional Data: 125 calories, 6.4 grams fat, 0.6 grams saturated fat, 1 mg cholesterol, 15.5 grams carbohydrate, 0.7 grams dietary fiber, 1.5 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*