



Available on DVD October 2<sup>nd</sup>!

## Sesame Street Recipes

Yummy recipes for everyone to love!



Prep Time:  
20 min



Cook Time:  
25 min



Makes:  
12 muffins



# Cookie Monster's Banana Bran Muffins

## Ingredients:

- 1 cup flour
- 1 medium ripe banana, mashed
- 2 tsp baking powder
- $\frac{3}{4}$  cup low-fat or fat-free milk
- $\frac{1}{4}$  cup sugar
- 2 cups bran flake cereal
- 1 egg, beaten

## Directions:

### Step 1: Things You'll Need

Gather these ingredients to make Cookie Monster's Banana Bran Muffins. To add more fiber, replace  $\frac{1}{2}$  cup of white flour with  $\frac{1}{2}$  cup whole wheat flour.

### Step 2: Sing While You Mix!

Preheat oven to 400°F. Then, mix flour, baking powder, and sugar in a large bowl.

**Little Hands Tip:** Sing a silly song while you stir!

### Step 3: Slice It Up

Cookie has a great idea—slice the banana into smaller pieces so that it's easier to mash later! Make sure a parent does this step.

### Step 4: Monster Mash

In a separate bowl, mix the egg, banana, milk, and cereal. Let stand 5 minutes. Then, stir mixture until the banana and cereal are completely mashed.

**Little Hands Tip:** Make funny sounds while you mash: "MASH, SMASH, CRUNCH!"