

Delicious and Nutritious Kid-Friendly Muffin Recipes for Quality Family Time



Are you looking for a fun activity to enjoy with your kids while also promoting healthier eating habits? Look no further! We have compiled a list of delectable and wholesome muffin recipes that your kids will enjoy making and devouring. These muffins are not only delicious but also packed with essential nutrients, making them an excellent choice for breakfast or as a snack on-the-go. So, let's get ready to bake and create some precious memories together while nourishing those young taste buds!

1. Banana Oatmeal Muffins



Everyday Muffin Party: Healthy, Kid-Friendly Muffins to Make and Enjoy Together

by Heather Englund ([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 15185 KB

Screen Reader: Supported

Print length : 126 pages

Lending : Enabled



These moist and fluffy banana oatmeal muffins are a hit among kids and adults alike. They are a nutritious twist on the classic banana bread and offer a good source of fiber and potassium. Make this recipe go-to for a quick and wholesome breakfast or a tasty snack during the day.

Ingredients

- 2 ripe bananas
- 1 cup rolled oats
- 1/2 cup Greek yogurt
- 1/4 cup honey
- 1/4 cup almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- Optional: chocolate chips or nuts for garnish

Instructions

1. Preheat the oven to 350°F (175°C). Line a muffin tin with paper liners.
2. In a mixing bowl, mash the bananas using a fork until smooth.
3. Add the oats, Greek yogurt, honey, almond milk, vanilla extract, baking powder, cinnamon, and salt. Mix well until all ingredients are fully combined.

4. Spoon the batter into the prepared muffin tin. If desired, sprinkle chocolate chips or nuts on top for added flavor.
5. Bake for approximately 20-25 minutes until a toothpick inserted into the center comes out clean.
6. Allow the muffins to cool for a few minutes before removing them from the tin. Enjoy!

2. Carrot Zucchini Muffins



These moist and flavorful carrot zucchini muffins are the perfect way to sneak some veggies into your child's diet. Packed with vitamins and antioxidants, these muffins offer a subtle sweetness while remaining nutritious. Top them off with a dollop of cream cheese frosting for an extra special treat!

Ingredients

- 1 cup grated carrot

- 1 cup grated zucchini
- 1/2 cup unsweetened applesauce
- 1/2 cup honey
- 1/4 cup coconut oil (melted)
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- Optional: cream cheese frosting for topping

Instructions

1. Preheat the oven to 350°F (175°C). Line a muffin tin with paper liners.
2. In a large bowl, combine the grated carrot, grated zucchini, applesauce, honey, coconut oil, eggs, and vanilla extract. Mix well.
3. In a separate bowl, whisk together the whole wheat flour, baking powder, baking soda, cinnamon, and salt.
4. Add the dry ingredients to the wet mixture and stir until just combined. Do not overmix.
5. Spoon the batter into the prepared muffin tin, filling each cup about 3/4 full.

6. Bake for approximately 20-25 minutes or until a toothpick inserted into the center comes out clean.
 7. Allow the muffins to cool before adding cream cheese frosting if desired.
- Enjoy!

3. Blueberry Spinach Muffins



If you want to incorporate more greens into your child's diet without them noticing, these blueberry spinach muffins are a must-try! Packed with antioxidants and bursting with seasonal flavors, these muffins will make a colorful addition to any breakfast or snack time.

Ingredients

- 2 cups baby spinach
- 1/2 cup unsweetened applesauce
- 1/2 cup maple syrup
- 1/4 cup coconut oil (melted)
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup fresh blueberries
- Optional: powdered sugar for dusting

Instructions

1. Preheat the oven to 350°F (175°C). Line a muffin tin with paper liners.
2. In a blender or food processor, puree the baby spinach until smooth.
3. In a large bowl, combine the spinach puree, applesauce, maple syrup, coconut oil, eggs, and vanilla extract. Mix well.
4. Add the whole wheat flour, baking powder, cinnamon, and salt. Stir until just combined.
5. Gently fold in the fresh blueberries.
6. Spoon the batter into the prepared muffin tin, filling each cup about 3/4 full.

7. Bake for approximately 20-25 minutes or until a toothpick inserted into the center comes out clean.
 8. Allow the muffins to cool before dusting with powdered sugar if desired.
- Enjoy!

These healthy kid-friendly muffin recipes are not only easy to make but also a great way to introduce your children to the joy of cooking and exploring new flavors. Sharing meal preparation time with your kids can be a fantastic bonding experience, and these muffins will surely delight their taste buds while keeping their overall health in mind. So, grab your aprons, turn on the oven, and get ready to create cherished memories with your little ones while enjoying some delicious and nutritious muffins!

Remember to monitor your kids when using kitchen appliances and handling hot items.



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Not your average sugar-filled muffins! Over 30 of the best naturally sweetened, gluten-free, and kid-friendly muffins to make with and for your family! From sweet

to savory, these healthy muffin recipes are a great to baking with kids.

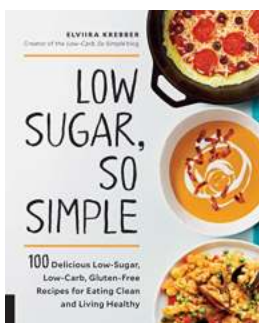
Heather Englund's vibrant debut cookbook proves that you can still make delicious treats with zero refined sugar. And you won't miss it!

Food is more than nourishment: it's a way to connect. As a mom of four, Heather shares her best tips and tricks to enjoying moments in the kitchen with kids, cooking real food together. She shares how to stock a real food pantry for healthy baking, along with substitution ideas and why we should use natural sweeteners.

Everyday Muffin Party will become your go-to healthy muffin cookbook when you want to build some sweet memories, and nourish your whole family at the same time too.

The book includes chapters on Cooking Together with Kids, Wholesome Ingredients, Successful Baking, and recipes sections for Fruit, Vegetable, Citrus, Nut Butter, Chocolate, and Savory Muffins. Recipes include Birthday Banana Cake Muffins, PB & J Muffins, Chocolate Beet Muffins, Green Oatmeal Muffins, Pizza Muffins with Cauliflower, Chicken Enchilada Muffins, and more!

Connect with Heather at www.FitMamaRealFood.com and @fitmamarealfood on Instagram.



Discover the Secret of Low Sugar So Simple - The Ultimate Healthy Delight

Are you craving a sweet treat but want to keep your sugar intake in check? Look no further than the Low Sugar So Simple range! With its delectable flavors and natural...



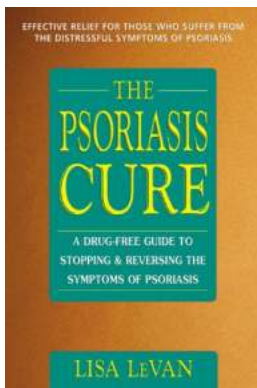
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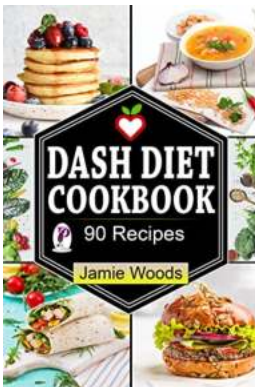
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