



BACK TO SCHOOL IS ALREADY HERE SO KID'S KITCHEN THIS MONTH FEATURES A SWEET TREAT YOU CAN PACK IN YOUR LUNCHBOX – OR SHARE WITH YOUR FURRY BEST FRIEND WHEN YOU GET HOME. EITHER WAY KICKING OFF A GREAT SCHOOL YEAR FOR OUR BFP KIDS!



PB & B CUPKAKES

INGREDIENTS

- 2 RIPE BANANAS
- 3/4 CUP PEANUT BUTTER (XYLITOL FREE!!)
- 1/2 CUP OF APPLESauce
- 3/4 CUP WHOLE WHEAT FLOUR
- 2/3 CUP ROLLED OATS
- 1/2 CUP OF WATER

FROSTING:

- 4 TABLESPOONS PLAIN SOY YOGURT
- 2 TABLESPOONS PEANUT BUTTER (XYLITOL FREE)

SUPPLIES

- CUPCAKE PAN AND 12 CUPCAKE CASES
- MIXING BOWL AND SPOON
- MEASURING CUP



DIRECTIONS

- 1 PREHEAT OVEN TO 365 DEGREES
- 2 PLACE CUPCAKE WRAPPERS IN CUPCAKE TRAY
- 3 PLACE BOTH PEELED BANANAS IN BOWL AND MASH WITH A FORK
- 4 ADD THE PEANUT BUTTER AND APPLESauce TO THE BANANAS AND MIX UNTIL BLENDED
- 5 NEXT ADD IN THE FLOUR AND OATS AND CONTINUE TO MIX
- 6 SLOWLY ADD IN WATER A LITTLE AT A TIME UNTIL ALL COMBINED
- 7 CAREFULLY DIVIDE THE MIXTURE BETWEEN EACH CUPCAKE WRAPPER
- 8 PLACE IN OVEN FOR 15-18 MINUTES OR UNTIL A KNIFE INSERTED COMES OUT CLEAN
- 9 REMOVE AND LET COOL
- 10 FOR THE FROSTING:
- 11 IN A CLEAN BOWL MIX TOGETHER THE PLAIN SOY YOGURT AND THE PEANUT BUTTER UNTIL COMBINED
- 12 ONCE THE CUPCAKES ARE COOL ADD A THIN LAYER OF FROSTING TO EACH ONE- AND ENJOY!