

# LIVE AND LEARN FAMILY NEWS MAY 15TH, 2017

## Thank you!

To all the families that brought things in to celebrate teacher appreciation week.



Live and Learn is CLOSED the following days:

Friday May 19th: Training Monday May 29th: Observed

Holiday





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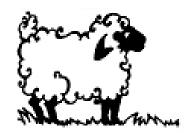
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### Banana Upside Down Mini Muffins

#### Ingredients:

- ▼ 5 medium ripe Bananas
- ▼ 3/4 Cup Buttermilk
- 1 large Egg
- 3 TBSP. Canola or Vegetable Oil
- 1 teaspoon Pure Vanilla Extract
- 2 Cups White Whole Wheat Flour
- 1/3 Cup packed Brown Sugar
- 1 teaspoon Baking Powder
- 1/2 teaspoon Baking Soda
- 1/2 teaspoon Salt





#### Directions:

- 1. Preheat the oven to 375.
- 2. Slice 2 of the bananas into 1/4-inch coins and place the coins in the bottom of 24 greased mini-muffin cups.
- 3. In a large bowl, mash the remaining 3 bananas (you should end up with a heaping cup of mashed banana). Whisk in the buttermilk, egg, oil, and vanilla.
- 4. In a medium bowl, whisk together the flour, brown sugar, baking powder, baking soda, and salt.
  - 5. Mix the dry ingredients into the wet ingredients until just combined.
  - 6. Pour the batter on top of the banana coins, filling the muffin cups about 3/4 full.
  - 7. Bake for 12 minutes, or until a toothpick inserted in the center comes out clean.
- 8. Allow muffins to cool for a few minutes, then remove from the muffin cups and turn upside down to serve.

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