



LIVE AND LEARN FAMILY NEWS MAY 15TH, 2017

Thank you!

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

We are grateful for YOU!



**Live and Learn is CLOSED
the following days:**

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



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Gerry's Kitchen

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.



mini
upside down
banana
cake