

# (Not) Past Its Prime



Produce that may seem past its peak ripeness can still have a variety of delicious uses. Many over-ripe or bruised fruits can be used in smoothies or baked goods.

## Bruised veggies

Soft or yellow spots can be trimmed around. Use to make vegetable stock, or add the stems to coleslaw, soups, or stews.

## Soft berries and fruit

Add to smoothies, muffins, pancakes, or oatmeal



## Bruised apples

Peel and cook into applesauce, add to pureed soups, or use to sweeten baked goods.

## Over-ripe/Bruised bananas

Use one mashed banana for every egg the recipe calls for in order to replace whole eggs in chewy baked goods like brownies or quick breads.



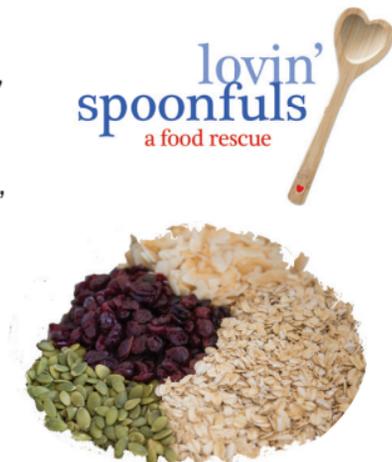
# Banana Crunch Muffins

3 c all-purpose flour  
1 c sugar  
2 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
6 oz unsalted butter, melted  
2 extra-large eggs  
¾ c milk

- Preheat the oven to 350°F.
- Line 18 large muffin cups with paper liners.
- Combine the flour, sugar, baking powder, baking soda, and salt into a large bowl (use a mixer with paddle attachment or mix by hand). Add the melted butter and mix until combined.
- In a separate bowl, whisk together eggs, milk, vanilla, and mashed bananas, and add them to the flour and butter mixture. Scrape the bowl and blend until no dry flour remains.



3 over-ripe bananas, 1 diced,  
2 mashed  
1 c nuts or seeds of choice  
(sunflower seeds, walnuts,  
etc.)  
1 c granola  
1 c shredded coconut  
or dried fruit (raisins,  
chopped apricots, etc.)



- Gently stir in the diced bananas, nuts or seeds, granola, and coconut or dried fruits into the batter.
- Spoon the batter into the paper liners, filling each almost to the top. Top each muffin with dried banana chips, granola, or coconut, if desired.
- Bake for 25 to 30 minutes, or until the tops are brown and a toothpick comes out clean. Cool slightly, remove from the pan, and serve.
- Leftovers can be wrapped tightly in plastic and frozen up to 1 months.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)