

# (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.



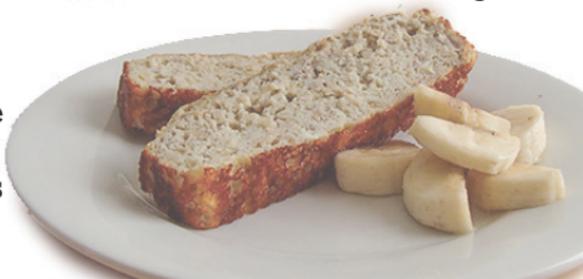
## Bruised apples

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

### Ingredients:

- 3 cups all-purpose flour
- 1 ½ cups sugar
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 8 oz unsalted butter, melted
- 2 large eggs
- ¾ cup milk
- 2 tsp vanilla extract
- 3 bananas, 2 mashed & 1 diced
- 1 cup walnuts (or other nut or seed)
- 1 cup granola
- 1 cup sweetened coconut

### Directions:

1. Preheat the oven to 350°F. Line 18 large muffin cups with paper liners.
2. Combine the flour, sugar, baking powder, baking soda, and salt in a large bowl. Add the melted butter and mix until combined.
3. In a separate bowl, whisk together eggs, milk, vanilla, and mashed bananas: add them to the flour and butter mixture. Scrape the bowl and stir until evenly moist.
4. Gently stir in diced bananas, nuts or seeds, granola, and coconut.
5. Spoon the batter into the paper liners, filling each almost to the top. Top each muffin with dried banana chips, extra granola or coconut, if desired.
6. Bake 25 to 30 minutes, or until the tops are brown and a toothpick comes out clean. Cool slightly, remove from the pan, and serve.
7. Leftovers can be wrapped tightly in plastic and frozen up to 3 months.

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

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spoonfuls  
a food rescue

