

Papaya Mango Muffins

Makes
14 muffins

Prep time
10 minutes

Cook time
30 minutes

Good source of
Fiber
Protein

Low in
Sodium

Ingredients:

- 2 cups 100% whole wheat flour
- ¼ cup sugar
- 1 tsp. baking soda
- ¼ tsp. cinnamon
- ½ tsp. salt
- ½ cup fresh grated coconut (or dried coconut flakes)
- 1 large egg, beaten
- 1 tsp. vanilla extract
- 2 Tbsp. unsalted butter, melted
- ½ cup applesauce
- 1 cup local papaya or mango puree*
- 1 cup local papaya or mango, diced

**To puree papaya or mango, place fruit in a blender and blend until smooth.*

Nutrition Facts

14 servings per container
Serving size 1 muffin (66g)

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 135mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Papaya Mango Muffins

Directions:

1. Preheat oven to 325°F. Spray muffin pans with non-stick cooking spray.
2. In a mixing bowl, combine flour, sugar, baking soda, cinnamon, salt, and coconut. Mix well.
3. In a separate mixing bowl, combine egg, vanilla extract, melted butter, applesauce, and fruit puree. Mix well.
4. Add wet ingredients to dry ingredients and stir until combined. Do not over mix.
5. Fold in diced fruit.
6. Spoon batter into muffin pans, about 2/3 full. Top with extra coconut flakes. Bake for 25-30 minutes or until toothpick inserted comes out clean.
7. Cool in pan for 10-15 minutes. Enjoy.

