

from the kitchen

What's Cooking at Forever Young

By Angela Brereton

Got some nice ripe bananas at home? Why not bring in some FY-friendly muffins to give to our Staff for Teacher Appreciation Week (May 3 – 7)! Here's a simple recipe:

Forever Young Banana Muffins

Ingredients:

2 cups whole wheat flour	1 medium banana, mashed
1/2 cup raw sugar	1/2 cup milk
2 tsp baking powder	1/3 cup canola or vegetable oil
1/2 tsp baking soda	1 egg, slightly beaten
1/2 tsp salt	Sliced fruit of your choice (optional)
1/4 - 1/2 tsp Cinnamon	

Directions (Makes 12 Muffins)

1. Preheat oven to 375 degrees F. Grease or line with baking cups a 12 cup muffin pan.
2. In a medium bowl, combine dry ingredients. Stir in remaining ingredients, except sliced fruit, only until moistened. Spoon batter into muffin cups.
3. Bake for 15-20 minutes. Immediately remove the muffins from the pan and place on a cooling rack. When cool, place sliced fruit on the tops.

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Also, many local merchants will donate money to Forever Young when you patronize their businesses. Usually how it works is you present a "club" or "program" card at the time of purchase, which is scanned by the clerk. The merchant then credits a certain percentage of the sale to Forever Young (the school designated on the account for the card), tallies the monthly total for FY, and sends FY a check. Forever Young regularly receives money from such programs through local merchants, including

Raley's & Bel Air Quality of Life Program • Save-mart • Safeway (go to safeway.com)

Ask Selina for program cards for Raley's & Bel Air and Save-mart, and for information about other merchants who participate in such programs.

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