

Guam

Papaya Mango Muffins

Featured Food: Papaya and Mango

Makes: 14 servings

Ingredients

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



Directions

1. Preheat oven to 325°F. Grease muffin pans.

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 ¾ 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.

Note: To make papaya and mango puree, place fruit in a blender or food processor and blend until smooth. Add a small amount of water if needed.

Recipe from: University of Guam Cooperative Extension and Outreach, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.