



Banana Muffin





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Recipe Items:	1 Portion	5 Portions
PE Banana Bread Pudding (PE#21763)	#10 scoop (95 gm)	475 gm (16.75 oz)
Banana, pureed & smooth	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)
Lyons White Chocolate Dessert Sauce	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Mix #10 Scoop (95 gm) of PE Banana Bread Pudding with 1 Tbsp (15 ml) of pureed banana (smooth).



3. Finish the dish by drizzling 1 Tbsp (15 ml) of Lyons White Chocolate Dessert Sauce over the top.



Variations: garnish with a smooth fruit sauce or puree banana topping. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.
Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.
Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

Nutrition Facts		Valeur nutritive	
Per 1 each (120g) / par 1 each (120g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	190		
Fat / Lipides	7g		10%
Saturated / satures	3.5g		
+ Trans / trans	0g		18%
Cholesterol / Cholesterol	40mg		
Sodium / Sodium	180mg		7%
Carbohydrate / Glucides	31g		10%
Fibre / Fibres	2g		7%
Sugars / Sucres	19g		
Protein / Proteines	5g		
Vitamin A / Vitamine A			6%
Vitamin C / Vitamine C			2%
Calcium / Calcium			2%
Iron / Fer			6%